

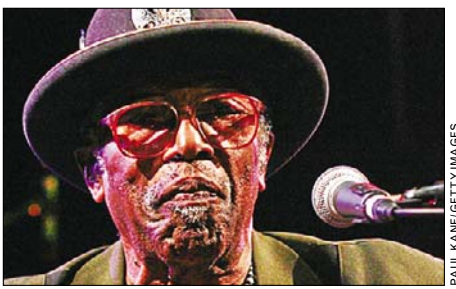
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Tuesday



Bo Diddley died of heart failure on Monday.

Bo Diddley Dies: Pioneer of rock 'n' roll dead at 79 | 15

The End? Clinton planning post-primary speech in N.Y. | 3



Kiss Goodbye: Sharapova loses a heartbreaker in France | 14

ENTERTAINMENT

Little Green Man: Adrian Grenier head-

lines new network 'Planet Green.' Also, Cyndi Lauper comes to town.

>> 15-19



Seized Sect Children Returned to Families



HAPPY RETURNS: James and Nancy Dockstader, members of a polygamist sect in Texas, are reunited with their daughter Amy on Monday. A judge ordered the more than 400 children seized during a raid two months ago to be returned to their families. ♦ 'Great day': Sect families rejoice | Page 4

Kennedy Surgery 'Successful'

Senator undergoes procedure to remove part of brain tumor

DURHAM, N.C. | After investigating all his options with his trademark intensity, Sen. Edward M. Kennedy underwent 3½ hours of risky and exquisitely delicate surgery Monday to cut out as much of his cancerous brain tumor as possible.

"I feel like a million bucks. I think I'll do that again tomorrow," the 76-year-old Massachusetts Democrat was quoted by a family spokeswoman as telling his wife immediately afterward.

Dr. Allan Friedman, who performed the surgery at Duke University Medical Center, pronounced the operation a success and said it "accomplished our goals." Up next: chemotherapy and radiation, aimed at shrinking whatever is left of the tumor.

The sole surviving son of America's most glamorous and tragic political family was diagnosed last month with a malignant glioma, an often lethal type of brain tumor discovered in about 9,000 Americans a year.



Kennedy

Doctors said Kennedy was awake for much of the surgery, which begins with opening the scalp and removing a piece of the skull to expose the brain. In the following days, Kennedy will probably be given drugs to prevent brain swelling and seizures, which are possible complications of his surgery.

He is expected to return to Boston in about a week. MIKE BAKER (AP)

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TUESDAY **84 64**

WEDNESDAY **86 70**

THURSDAY **82 70**

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BEWARE!

Rogue Spell-Checker Could Rename Us All

A computer spell-checker run amok christened several Pennsylvania high school students with new — and in some cases unflattering — last names. Middletown Area High School's yearbook listed Max Zupanovic as "Max Supernova," Kathy Carbaugh as "Kathy Airbag" and Alessandralppolito as "Alexandria Impolite," just to name a few. "It was kind of funny, but kind of rude at the same time," Ippolito said. The mistakes were found on four of the yearbook's 176 pages, co-editor Amanda Gummo said. Ed Patrick of Taylor Publishing, which printed the book, said his company is responsible and will provide free stickers printed with the correct names. "It happens all the time, every year," Patrick said. "Look at any yearbook in the country." (AP)



AFTERLIFE

Grandpa to Stay Fresh for Eternity

The man who designed the Pringles potato crisp packaging system was so proud of his accomplishment that a portion of his ashes has been buried in one of the cans. Fredric J. Baur died May 4 in Cincinnati, his family said. He was 89. Baur's children said they honored his request to bury him in one of the cans by placing part of his cremated remains in a Pringles container in his grave. The rest of his remains were placed in an urn buried along with the can, with some placed in another urn and given to a grandson, said Baur's daughter, Linda Baur of Diamondhead, Miss. Baur was an organic chemist and food storage technician who specialized in research and development, and quality control for Cincinnati-based Procter & Gamble Co. (AP)



GEORGIOS KEFALAS/AP

PUBLIC ART

Peanut Gallery

What looks like the Great Mother from Planet Peanut is in fact named "Moonrise, East" and is part of an exhibition of public art at the international art show "Art 39 Basel" in Basel, Switzerland. The show features works from about 300 leading art galleries from nearly every continent. Contemporary works by more than 2,000 artists will be on display from June 4 through June 8.

(EXPRESS)

ENTREPRENEURSHIP

The Only Emotion More Powerful Than Love: Guilt

The homemade signs says it all: Buy a drink, help my cat. Aspen Granath hopes the plea will draw enough cus-

tomers to her lemonade stand on a street corner in Ogden, Utah, to pay for expensive surgery for her cat, Patches. The 10-year-old and her 8-year-old brother, Skylar, opened for business a few days ago and say they plan to staff the roadside stand for about four hours per day. A spinal cord injury left the cat

partially paralyzed. The children's father said a veterinarian has recommended amputation of the leg so that Patches can have a more normal life. The cost could be as much as \$700. The kids are charging \$1 for a bottle of water and 25 cents for a packet of powdered lemonade or fruit juice. (AP)

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This research study is being conducted at Chevy Chase Clinical Research. All studies are conducted in accordance with an approved protocol, clinical study conduct guidelines, regulations and ethical principles. Participant confidentiality is strictly adhered to and all participation is strictly voluntary.

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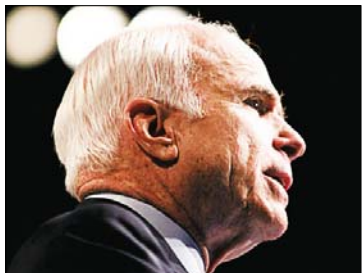
195

The total amount, in millions of dollars, spent on television advertising by presidential candidates so far in this year's Republican and Democratic primaries, according to the University of Wisconsin's Advertising Project.

Nation

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LMOTERO/AP

IRAN

McCain Backs Sanctions

Sen. John McCain called Monday for broad sanctions against Iran and a South African-style worldwide divestment strategy aimed at pressuring the country's regime to abandon efforts to acquire nuclear weapons and encourage its people's democratic aspirations.

In a speech to the pro-Israel lobbying group AIPAC in Washington, McCain declared Iran the "foremost" enemy in the Middle East and said it could pose an "existential threat" to Israel if it succeeds in acquiring a nuclear bomb.

McCain once again mocked Sen. Barack Obama for his willingness to meet unconditionally with Iran's president, Mahmoud Ahmadinejad.

"It's hard to see what such a summit with President Ahmadinejad would actually gain, except an earful of anti-Semitic rants, and a worldwide audience for a man who denies one Holocaust and talks ... about starting another."

MICHAEL D. SHEAR

washingtonpost.com

For extended analysis and up-to-the minute reports from the campaign trail, visit blog.washingtonpost.com/the-trail

Hard-Fought Campaign Nears End

Obama seems close to claiming victory in Democratic race

WASHINGTON | Barack Obama crept close to victory in the marathon Democratic presidential race Monday on the eve of the final primaries amid signs that Hillary Rodham Clinton was preparing to acknowledge defeat once he gained the final delegates needed.

Said a confident-sounding Obama: "I told her that once the dust settled I'm looking forward to meeting with her at a time and place of her choosing." He was disclosing the contents of a conversation the two rivals had on Sunday night but did not describe her response.

The former first lady has given no hint of quitting the race, and she has said repeatedly she may continue her candidacy even beyond the end of the primaries.



CHRIS CARLSON/AP

Sen. Barack Obama greets supporters prior to a town hall meeting in Troy, Mich. Obama has nearly secured enough delegates to win the Democratic nomination.

But her husband, former President Clinton, strongly suggested otherwise. "This may be the last day

I'm ever involved in a campaign of this kind," he said as he worked for his wife in South Dakota. That state,

and Montana hold the final primaries of the campaign on Tuesday.

Obama, bidding to become the first black major party nominee in history, was 42.5 delegates shy of the 2,118, needed to clinch the nomination at the party's convention in Denver. He gained 4.5 during the day Monday, and one member of the House leadership, Rep. Jim Clyburn of South Carolina, readied an endorsement for Tuesday.

Obama's aides prodded uncommitted lawmakers and other super-delegates to climb on board quickly — as Clinton struggled to hold back the tide.

Obama stopped short of a flat prediction that he would be able to claim victory Tuesday night after the day's primaries end. But he said, "It is my sense that between Tuesday and Wednesday we have a good chance of getting that number of delegates" needed for victory.

DAVID ESPO (AP)

Discovery Pulls Into Space Station

Shuttle delivers huge scientific workshop to orbiting outpost

CAPE CANAVERAL, FLA. | Space shuttle Discovery performed a slow back flip and then docked at the international space station on Monday, delivering a mammoth lab and two new occupants: a NASA astronaut



NASA TV/AP

Discovery approaches the International Space Station in this shot from NASA.

and Buzz Lightyear.

Commander Mark Kelly pulled up to the space station and parked as the two spacecraft soared 210 miles above the South Pacific.

Discovery carried Japan's prized Kibo lab, a 37-foot-long, 16-ton scientific workshop.

Astronaut Gregory Chamitoff got his first look at what will be his home for the next six months.

He is replacing Garrett Reisman, who has been living at the station since March.

"Garrett, you have a beautiful house," Chamitoff said. "Oh my God, it's so beautiful."

Also moving in for a half-year is a 12-inch action figure familiar to children almost everywhere: Buzz Lightyear, the character from the 1995 film "Toy Story." Disney sent up the toy as part of NASA's toys-in-space educational program.

MARICA DUNN (AP)

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Nation



SURF'S UP: You're used to paying extra if you use up your cell phone minutes, but would you be willing to pay extra if your home computer goes over its Internet allowance? Time Warner Cable is trying to find out. The company is testing metered Internet access in Texas.

Sect Kids Reunited With Parents

About 430 children released from custody by the state of Texas

SAN ANGELO, TEXAS | More than 400 children taken from a polygamist sect's ranch two months ago began returning to the arms of their tearful parents Monday, hours after a judge bowed to a state Supreme Court ruling that the seizure was not justified.

"It's just great day," said Nancy Dockstader, whose chin quivered and eyes filled with tears as she embraced her 9-year-old daughter, Amy, in Gonzales, Texas. "We're so grateful."

Her daughter and her four other children were among the roughly 430 children ordered released after two months in state custody, much



Nancy Dockstader, a member of the Fundamentalist Church of Jesus Christ of Latter Day Saints, greets her daughter Amy, 9, after they were reunited Monday.

of it spent in foster care centers. Because siblings were separated at facilities hundreds of miles apart, it will probably take several days for all the families to be reunited.

Judge Barbara Walther responded to a state Supreme Court ruling last week by signing an order that cleared the children to be released from foster care. Walther allowed parents to begin picking up their children Monday.

Walther's order requires the parents to stay in Texas, to attend parenting classes and to allow the children to be examined in any abuse investigation.

Willie Jesan, an elder in the church, says the sect's policy going forward will be to forbid any girl to marry who is not old enough to legally consent in the state where she lives. MICHELLE ROBERTS (AP)

Phoenix Makes Successful Test Dig in Mars Soil

LOS ANGELES | NASA's newest spacecraft got down and dirty on Mars, taking its first practice scoop of Martian soil ahead of the actual dig expected later this week, scientists said Monday.

The test dig made Sunday by the Phoenix Mars Lander's 8-foot-long robotic arm uncovered bits of bright specks in the soil believed to be ice or salt.

"We see this nice streak of white material," said Pat Woida, senior engineer at the University of Arizona, Tucson. "We don't know what this material is yet."

Phoenix landed in the Martian arctic plains May 25 on a three-month hunt to study whether the far northern latitudes could support primitive life. (AP)

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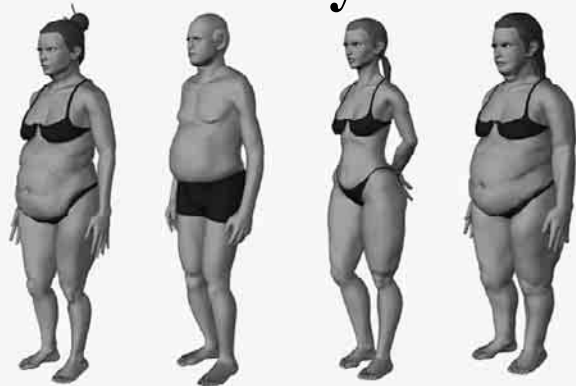
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Nation

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The amount of food, in millions of pounds, collected by the nation's mail carriers during this year's donation drive for pantries and shelters, a new record for the program.

FEMA: Trailers an Option

Emergency hurricane plan says units must meet safety standards

WASHINGTON | The government may house disaster victims in trailers again this hurricane season as a last resort, despite promises never to use them again because of high levels of formaldehyde found in trailers used after the Katrina catastrophe.

Only the head of the Federal Emergency Management Agency can approve the use of such trailers, and they must meet the agency's requirement for minimal levels of formaldehyde, according to a draft of the agency's five-page 2008 hurricane-season plan, obtained by The Associated Press. Also, disaster victims could stay in the trailers for only six months.

Hurricane season started on Sunday and will last through November. Forecasters predict the 2008 Atlantic hurricane season will be busier than average,



A trainload of trailers for Hurricane Katrina victims is seen in this file photo.

with a good chance of six to nine hurricanes forming, including two to five major ones.

FEMA Director R. David Paulison has said there will be no more trailers while he is in office. But his deputy says that's not a sure thing

should there be another catastrophic disaster.

"We're putting our head in the sand," deputy administrator Harvey Johnson said in an interview Monday. "If we had a Katrina again, there's probably no way we could respond to a Katrina without having to deploy all available options, which will include travel trailers."

The 2008 hurricane disaster housing plan also emphasizes a need for FEMA to try to immediately repair damage to homes to make them habitable until more permanent repairs can be done. If a home is damaged or destroyed, FEMA will provide financial assistance, and the agency will work with community groups to find available rental properties. Some displaced victims could be eligible for temporary hotel and motel funding assistance.

Other forms of interim housing that could be used this year include mobile homes and park models. EILEEN SULLIVAN (AP)

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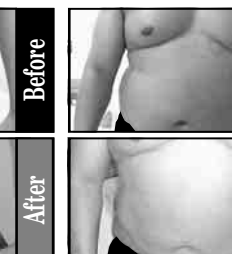
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"We must learn from Australia's experience in the lead-up to going to war with Iraq and not repeat the same mistakes in the future."

—Kevin Rudd, Australia's prime minister, Monday on Australia's involvement in the Iraq war.

World

6 Killed in Anti-Denmark Bombing

Blast near Pakistan's Danish Embassy comes after al-Qaeda threats

ISLAMABAD, PAKISTAN | A car bomb exploded outside the Danish Embassy in Islamabad on Monday, killing six people and wounding dozens weeks after al-Qaeda issued threats against Denmark over the reprinting of a caricature of the Prophet Muhammad.

The blast is likely to lead to Western pressure on Pakistan's new government to roll back its policy of trying to strike deals with militants instead of using force.

The bombing was the worst anti-Danish attack since the Muhammad cartoons first appeared nearly three years ago. At least five of the dead were Pakistanis.



People gather at the site of a car bomb explosion that killed six people and injured dozens of others outside the Danish Embassy in Islamabad, Pakistan, on Monday.

There was no immediate claim of responsibility, though suspicion quickly fell on al-Qaeda. As recently as April, the terror network's No. 2, Ayman al-Zawahri, called for attacks on Danish targets in response to the drawings.

The attacker apparently used a fake diplomatic license plate to get the car near the embassy, according to authorities, who were investigating whether it was a suicide attack. Interior Secretary Kamal Shah said evidence indicated the car was carrying 55 pounds of explosives.

The blast left a huge crater in the road outside the embassy, destroyed nearby vehicles and badly damaged the office of a U.N.-funded development group. A perimeter wall of the embassy collapsed and its metal gate was blown inward, but the building remained standing. NAHAL TOOSI (AP)

U.K. Man: Bomb Plot Was Part of Publicity Stunt

LONDON | A man accused of planning to bomb North America-bound airliners said Monday that he was planning a publicity stunt, not mass murder.

Abdulla Ahmed Ali, one of eight British Muslims charged with plotting to detonate liquid explosives aboard passenger jets, denied ever thinking about blowing up an airplane. He told Woolwich Crown Court he wanted to give Londoners a jolt — and attract attention for a movie he was making — by placing a small bomb at London's Houses of Parliament.

"We did not want to kill or injure anyone," Ali, 27, said. He said he wanted "something small enough to cause a large bang ... to generate ... mass media attention." (AP)

Olympic Organizers Apologize for Portrayal of Disabled

BEIJING | Beijing Olympic organizers have issued an apology for the language used to describe disabled athletes in a manual compiled for thousands of volunteers.

Wording in the English-language document used clumsy stereotypes in reference to the disabled. Zhang Qiuping, director of

Beijing's Paralympic Games, said last week it was a problem of "poor translation." However, the Chinese-language version contained many of the same stereotypes.

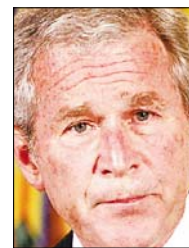
The statement said the booklet had been recalled.

A section dedicated to the disabled in the 200-page manual said

that "paralympic athletes and disabled spectators are a special group. They have unique personalities and ways of thinking."

The guide also said that individuals with physical disabilities "might have unusual personalities because of disfigurement and disability." (AP)

HEARSAY | LEADERSHIP



"While Robert Mugabe makes political statements in Rome, his people continue to face empty markets at home."

—PRESIDENT BUSH, IN A STATEMENT MONDAY, REFERRING TO THE ZIMBABWEAN PRESIDENT'S PARTICIPATION IN THIS WEEK'S U.N. SUMMIT ON THE GLOBAL FOOD CRISIS IN ROME, ITALY.

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World

TOUGH CREW: Four men, one 29-foot rowboat — and about 3,200 miles to go. A team of British rowers set out from the Hudson River Sunday to try to cross the Atlantic in record time.

Syria to Permit U.N. Probe

Investigators will query U.S., Israeli claims of nuclear reactor site

VIENNA, AUSTRIA | Syria will allow in U.N. inspectors to probe allegations that a building destroyed in an Israeli airstrike was a nuclear reactor built secretly with North Korean help, the International Atomic Energy Agency said Monday.

The invitation signaled the start of an international fact-check of U.S. and Israeli assertions that Damascus had tried to build a plutonium-producing facility under the radar of the international community. It could turn into a wider probe of possible secret Syrian nuclear sites.

NECESSARY ELEMENT

→ Plutonium reprocessing capabilities would be required if the U.S. and Israel are correct in their claims that Syria was trying to build a reactor leveled in Syria's eastern desert in September to gain the material needed to create the fissile core of nuclear weapons. (AP)

Syria has denied wrongdoing, asserting that the attack destroyed a non-nuclear military building. Syrian officials in Damascus did not immediately return phone calls seeking comment on Monday.

IAEA head Mohamed ElBaradei did not say whether inspectors would be given access to the site during

the planned June 22-24 visit, but a senior diplomat with knowledge of the planned inquiry said they would be able to visit the facility.

While steering clear of a judgment of what was hit in remarks to the agency's 35-nation board of governors, ElBaradei noted Damascus "has an obligation to report the planning and construction of any nuclear facility to the agency."

Diplomats told The Associated Press that during the visit, agency officials will also ask for information on the alleged existence of at least two and possibly three undeclared such facilities. The diplomats, who demanded anonymity because of the sensitivity of their information, indicated their knowledge was from the U.S. or IAEA officials. GEORGE JAHN (AP)



French police survey the scene of a collision between a train and a bus that killed seven children in Allinges, France, Monday.

Collision Kills 7 Children in France

Train slams into bus full of students on field trip, injuring 24

ALLINGES, FRANCE | A train slammed into a bus carrying schoolchildren at a railroad crossing in the French Alps on Monday, killing seven children and injuring 24 people, regional officials said.

The bus was carrying 50 middle-school students, five adults and a

driver on a field trip to a historic village on the shores of Lake Geneva, according to the gendarmes service in the Haute-Savoie region. The collision ripped off part of the bus' rear and caused its roof to cave in.

The seven dead were all children on the bus, according to the regional administration. Three of the injured bus passengers were in serious condition.

Several passengers on the train, on a route between Evian in France

and Geneva, Switzerland, also had light injuries.

The accident occurred near the town of Allinges, near the Swiss border. The SNCF train authority said it appeared the train crossing was functioning normally at the time of the accident and that investigations were under way to find out the cause of the accident.

The drivers of both the bus and the train were in shock, officials said.

LAURENT CIPRIANI AND THIERRY BOINET (AP)



CONTROVERSIAL FIGURE: Berlin's mayor is urging Madame Tussauds to reconsider its plans to include Adolf Hitler among the prominent Germans immortalized in wax at its new museum, a mayoral spokesman said Monday. A Madame Tussauds representative said Hitler's likeness would be hunched over a desk in a dimly lit bunker, "as an old, broken man."

World

Many Schools Reopen in Myanmar

A month after Cyclone Nargis, classes are held in damaged buildings

THUWANA, MYANMAR | As students filed into Middle School No. 1 on Monday for the first day of classes since the cyclone hit Myanmar a month ago, all eyes stared skyward — at the gaping hole in the roof.

The school in Thuwana, a southern suburb of Yangon, was one of at least 4,100 that were damaged or destroyed by Cyclone Nargis, according to UNICEF.

The May 2-3 storm struck during the summer break, which ran until the end of May. The government delayed the June 2 start of the new term for many schools in the worst-hit areas of the Irrawaddy delta.



Children attend a class in Yangon, Myanmar, on Monday. Most schools in and around Yangon reopened, despite having been damaged by last month's cyclone.

But most schools reopened on schedule Monday in and around Yangon, despite the concerns of some teachers, parents and aid groups about safety risks to students.

At Middle School No. 1, classes resumed in a building where strips of rusted iron roofing hung precariously overhead. The storm had also shattered windows and punched holes in the school's walls.

"I am worried about the rain. If the rains get inside the school, the children will get sick," said San Aye, the mother of a 12-year-old.

Still, she said she supported the decision to start school because she thought any delay would hurt the students academically — a widespread concern in a country where education is highly valued and the primary school enrollment rate is 82 percent, according to UNICEF. (AP)

Study: Paper Circulation Is on Rise Worldwide

GOTEBORG, SWEDEN | Global newspaper circulation is rising, buoyed by demand in Asia and South America — belying forecasts of the demise of print news, officials said Monday at a newspaper conference.

Circulation of paid newspapers rose 2.6 percent worldwide in 2007, with the biggest jump in India and China — now the largest market for newspapers with 107 million copies sold daily, according to a report by the World Association of Newspapers.

The increased circulation in Asian cultures was due to increasing literacy, more free time and greater income, said Larry Kilman, a spokesman for the association.

However, readership continued to slip in the U.S. and Europe. (AP)

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Local

Data on Patients Exposed

Walter Reed computer security breach sparks ID theft concerns

WASHINGTON | Sensitive information on about 1,000 patients at Walter Reed Army Medical Center and other military hospitals was exposed in a security breach, sparking identity theft concerns and an investigation by the Army.

Names, Social Security numbers, birth dates and other information was released, hospital officials said Monday. The computer file that was breached did not include information such as medical records, or the diagnoses or prognoses for patients, they said.

SECURITY BREACH

The federal government has experienced a rash of data breaches in recent years:

→ At the Agriculture Department, a hacker in June 2006 obtained names, Social Security numbers and photos of 26,000 D.C.-area employees.

→ The Veterans Affairs Department acknowledged a massive breach in May 2006 in which personal data on up to 26.5 million veterans was lost.

The disclosure marked the latest in a series of breaches of government computer records.

Walter Reed officials declined

to explain exactly how the information was compromised, pending an ongoing investigation by the hospital and the Army. They would only say that the computer file was found on a "non-government, non-secure computer network."

The medical center learned of the breach on May 21 from an outside data mining company, which officials did not identify.

They said the company was working for another client, found the file and contacted Walter Reed.

The hospital said it is working to notify all of the people named in the data file. Letters or e-mails were being sent out beginning Monday.

JENNIFER C. KERR (AP)

WASHINGTON | GARBAGE GUYS



ARTISTIC RECYCLING: A pedestrian walks past "Trash People," an exhibit by German sculptor HA Schult on display Monday in the courtyard at the National Geographic Society in Washington. The sculptures are constructed from trash collected at a municipal dump in Cologne, Germany.

Md. Joins Electricity Complaint

BALTIMORE | Maryland and other mid-Atlantic state regulators have filed a complaint with the federal government against a regional transmission company, arguing that auctions for electricity prices resulted in unreasonably inflated prices.

Regulators from Maryland, New Jersey, Pennsylvania and Delaware filed the complaint Friday with the Federal Energy Regulatory Commission. The complaint is against PJM Interconnection, a regional transmission organization that supplies power in 13 states and the District of Columbia.

The complaint involves auctions that were held last year and this year to set the price of electricity from June 2008 through May 2011. Regulators argue that the auctions were not competitive, enabling existing power generators to get unfairly high prices instead of creating new generation as intended.

Steven Larsen, Maryland's Public Service Commission chairman, believes the rules set up "perverse financial incentives for the generators." (AP)

Taxi Meter Switch Going Smoothly

District officials said the first two days of metered taxi service went smoothly, with only seven \$1,000 tickets issued to cabdrivers for not adopting the new machines measuring the time and distance of rides.

D.C. Taxicab Commission inspectors and District police officers were out in force when

the new regulations took effect at 12:01 a.m. Sunday.

Commission chairman Leon J. Swain Jr. said the handful of tickets were issued in the first four hours of Sunday.

Police and inspectors continued enforcement Monday, but as of the early afternoon had not issued any more tickets. (THE WASHINGTON POST)

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Local

Md. to Comply With Feds in Senator Probe

Investigators issue subpoena in case that involves Ulysses Currie

ANNAPOLIS, MD. | The Department of Legislative Services is working with its attorney to comply with a "broad" subpoena from federal investigators, who are probing a case involving an influential state senator, the department's director said Monday.

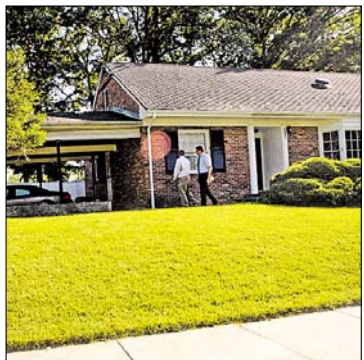
The investigation relates to Sen. Ulysses Currie, D-Prince George's, whose house was searched by FBI agents Thursday, the same day agents searched the headquarters of Shoppers Food Warehouse, for whom Currie has worked as a consultant.

The Department of Legislative Services conducts administrative and technological support to members of the Maryland General Assembly.

The department is working to determine all that's been requested to fully cooperate, department director Karl Aro said.

"It's asking for records," Aro said. "That's all I'm going to say now."

Aro said the subpoena includ-



BRENDAN HOFFMAN

FBI agents searched Maryland state Sen. Ulysses Currie's house Thursday.

ed a request that the documents be gathered by June 11, but he said he wasn't sure whether that was a "hard" date. He said the subpoena came from a Maryland assistant U.S. attorney.

"We're looking at what they're asking for and working with our attorney ... and we'll cooperate with authorities," Aro said.

Lynne Porter, an executive assistant to Aro, said the subpoena was e-mailed late Friday, just before staff members went home.

Richard Wolf, a spokesman for the FBI's Baltimore field office, declined to comment on the subpoena. (AP)

The Lotteries

Monday, June 2

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Mid-day Pick 4 **1-8-3-0**

VIRGINIA

Mid-day Pick 3 **0-4-6**
Mid-day Pick 3 (Sun.) **9-2-3**
Mid-day Pick 4 **1-7-7-4**
Mid-day Pick 4 (Sun.) **8-0-8-4**
Mid-day Cash 5 **1-9-16-18-21**
Mid-day Cash 5 (Sun.) **13-18-20-29-33**

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Money



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Wachovia CEO Forced Out Over Mounting Losses

CHARLOTTE, N.C. | Wachovia Corp. chief executive Ken Thompson was pushed out Monday as head of the



Thompson

nation's fourth-largest bank, becoming the latest financial services executive to be ousted amid turmoil in the nation's housing market.

Thompson joins Stanley O'Neal of Merrill Lynch & Co. and Charles Prince of Citigroup Inc., who both presided over huge losses from bad mortgages and were subsequently forced out of their positions.

Wachovia lost \$707 million in the first quarter, nearly doubling the losses it reported earlier after further review of its portfolio. When the bank announced it would cut dividends, it was Thompson who became the target of shareholder angst. (AP)

Pet Owners Face Tough Trade-Offs

Food, veterinary care expenses are a burden in difficult economy

FRANKLIN, MASS. | Diana Bardsley wiped tears from her eyes as she recalled taking food off her plate to feed her beloved spaniel Hunter and two Siamese cats.

Her greatest fear: that she could be forced to surrender the animals as she struggled to stretch her food stamps and Social Security income to meet the rising cost of living.

"I know a lot of people will probably say, 'Well, if you don't have enough money to be able to feed your animals, that you shouldn't have pets,'" Bardsley said. "[But] just because financially you may go downhill a little or a lot doesn't necessarily mean you have to give up the part of your family that you love."

The rising costs of fuel, food and housing — and the rising tide of foreclosures — have generated a surge in requests for pet food



STEVEN SENNE/AP

Diana Bardsley, 54, has struggled to take care of her pets as the cost of living has risen. Food pantries across the U.S. are increasingly fielding requests for pet food.

from traditional food pantries and prompted some pet owners to give up their animals. Others are

trying to save money by forgoing veterinary care.

The Animal Welfare League in

Chicago Ridge, Ill., has seen the average number of pet owners getting rations from its pet food pantry increase by more than 50 percent since last year. Meanwhile, the number of people using its discounted veterinary clinic has more than doubled, said Linda Estrada, the group's director and president.

"We could do it every day if we had enough food. I mean, that's how bad it's gotten," Estrada said. "The line goes all the way down the street" as pet owners gather once per month for supplies.

In Santa Cruz, Calif., a pet food bank run by the Society for the Prevention of Cruelty to Animals has seen demand spike by about 20 percent during the past six months.

"In the past, the demographics has been people who are disabled or on disability and senior citizens," said executive director Lisa Carter. "Nowadays, during the pet food program, I see people who are able-bodied and not able to find a job."

RODRIQUE NGOWI (AP)

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The amount, in millions of dollars, Travis Henry's five-year contract with the Broncos was worth when he signed it in March 2007. Denver cut Henry on Monday after a season in which he rushed for just 691 yards.

Sports

Washington Adds Option at Safety

Landry misses first day of OTAs but could move to strong safety

REDSKINS | The Washington Redskins on Monday signed free agent Stuart Schweigert, giving the team an extra option in the defensive backfield as it contemplates moving LaRon Landry from free safety to strong safety.

Schweigert is a pure free safety, having started 42 games in four seasons with the Oakland Raiders. He lost his starting job late last season and was released by the Raiders last month.

"It feels like a thousand-pound bear's been lifted off my chest. It's time for a fresh start," Schweigert said. "In Oakland, I felt as if my time was up there. It was a deal where I wasn't in their future. I feel like I'm in the Redskins' future."

Schweigert said he's been told that Landry is the projected starter at strong safety. Landry finished last season at free safety after the death of Sean Taylor, with Reed Doughty starting at strong safety.

Defensive coordinator Greg Blache said it was too early to say where Landry will line up.



Safety LaRon Landry, left, and CB Shawn Springs both missed the first day of OTAs on Monday, the only two players who were unexpectedly absent from practice.

"He could start as a free safety or a strong safety," Blache said. "Right now, there's no need to rush into that."

Coincidentally, Landry was one of two players — along with cor-

nerback Shawn Springs — unexpectedly absent Monday as the Redskins began another set of off-season practices. Coach Jim Zorn said he had not heard from either player. Although the practices are

Redskins Roundup

→ Since every season is Redskins season in Washington, you can get daily video reports on what the team did in OTAs every afternoon this week. | **Today, Sports**

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technically voluntary, unexcused absences do not sit well.

"They had the opportunity to be here," Zorn said. "They just didn't show."

Among the excused absentees was receiver Santana Moss, who was ill following a weekend-long, multiparty celebration of his 29th birthday.

Zorn also revealed that safety Vernon Fox has undergone left knee surgery for the second time this offseason. Fox had surgery in January and re-injured the knee during minicamp last month.

Fox joined receiver Antwaan Randle El, sixth-round draft pick safety Kareem Moore, linebacker Rocky McIntosh and cornerback Carlos Rogers as players unable to practice because of knee surgeries. All except Rogers expect to be ready by the start of training camp next month. JOSEPH WHITE (AP)



Triple Crown contender Big Brown has a crack at the back of his front left hoof.

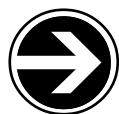
Specialist Gives Big Brown More Time to Heal

HORSE RACING | Before Big Brown can make a run at winning the Triple Crown, his slightly cracked left front hoof needs some final work.

The Kentucky Derby and Preakness winner is wearing a second set of stainless steel sutures on the inside of his hoof. They've allowed Big Brown to gallop around Belmont Park while giving the hoof healing time. Hoof specialist Ian McKinlay said he will wait until Friday to attach an acrylic and fiberglass patch to Big Brown's hoof, the final step in the repair process ahead of Saturday's Belmont Stakes.

"This is just a slight, slight crack," McKinlay said outside Big Brown's barn. "We're being extra-cautious because he's heading toward the Triple Crown." BETH HARRIS (AP)

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Sports



WAITING GAME: Adam "Pacman" Jones can join the Dallas Cowboys for everything but the regular season — for now. Commissioner Roger Goodell said Monday he would decide by Sept. 1 whether to fully end Jones' suspension, which wiped out the entire 2007 season.

Maria Is Ousted Early at the French

Given many chances, Sharapova continues to fall short on clay

TENNIS | One point from the quarterfinals, a shrieking Maria Sharapova again came up short at the French Open.

Bidding for the only Grand Slam title she has yet to win, the top-ranked Sharapova twice blew big leads in the second set Monday and lost to fellow Russian Dinara Safina, 6-7 (6), 7-6 (5), 6-2.

Sharapova's customary screeches reached maximum volume as the

match slipped away, and the noise seemed to annoy fans. They whistled and booed Sharapova as she left Court Suzanne Lenglen after the match, and she didn't acknowledge the crowd.

"I can't please everyone," she said. "It's not in my job description. I'm an athlete, and I go out there and fight my heart out. They paid the ticket to watch me, so they must appreciate me on some level, right?"

Sharapova won five consecutive games in the second set to go ahead 5-2, and held a match point serving in the next game. She also led 5-2 in the second tiebreaker before



Dinara Safina falls to the court after beating No. 1 Maria Sharapova Monday.

PIERRE VERDY/AFP/GETTY IMAGES

losing five consecutive points, then unraveled down the stretch, losing the final four games and 10 of the last 12 points.

Faring better was Roger Federer, another top-ranked player seeking his first French Open title. He reached the quarterfinals by beating Julien Benneteau of France 6-4, 7-5, 7-5.

"I hope it's going to go my way this time," Federer said. "All in all, I'm very happy with the way I'm playing."

Federer's next opponent will be No. 24-seeded Fernando Gonzalez.

STEVEN WINE (AP)

Swengali

NBA FINALS | BY MATT SWENSON

Lakers-Celtics Is A Premier Series

WHETHER YOU BELIEVE in conspiracy theories or not, we can all agree the NBA must be giddy that the Lakers are playing the Celtics in the finals.

This is the league's equivalent of the Yankees-Red Sox, Michigan-Ohio State, Duke-North Carolina and Redskins-Cowboys rivalries.

But how does pro basketball's greatest rivalry stack up against its competitors? (Sorry if your favorite rivalry was left off, but this is a 250-word column.)

Calculating a formula based on the frequency that the teams meet, the defining moments in history, the importance of the games and the overall star power, the Lakers-Celtics rivalry comes in a close second

How does pro basketball's greatest rivalry stack up against its competitors?

to the Yankees-Red Sox. (Duke-UNC and Michigan-OSU tied for third.)

There is obviously a human element involved in these judgments, and I've added one penalty for ESPN's overexposure that keeps the Yanks-Sox level with the college greats and vaults this week's participants to No. 1.

What I like best about the Celtics-Lakers — who've played 10 times for the championship — is the star power. Names like Chamberlain and Russell, West and Cousy and, of course, Bird and Magic.

I know Bryant belongs in the same sentence as past legends in this series' history, but I'm still wary of where Boston's new Big 3 fits in with the all-time greats.

Look for the Lakers to win in five.

@ To reach Matt Swenson, e-mail matt.swenson@readexpress.com

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DAVE SANDFORD/GETTY IMAGES

NOT THE SPIRIT: Elementary school students pose in front of a tiger wearing a Red Wings jersey at Comerica Park in downtown Detroit. ❖ **Late game:** Game 5 of the Stanley Cup finals ended after Express' deadline. Get results and analysis of the game and the series in | **Today's Post, Sports**

TODAY'S TV LINEUP

NATIONALS (7 P.M. ON MASN) The Nationals host the Cardinals, who are vying for the top spot in the NL Central.

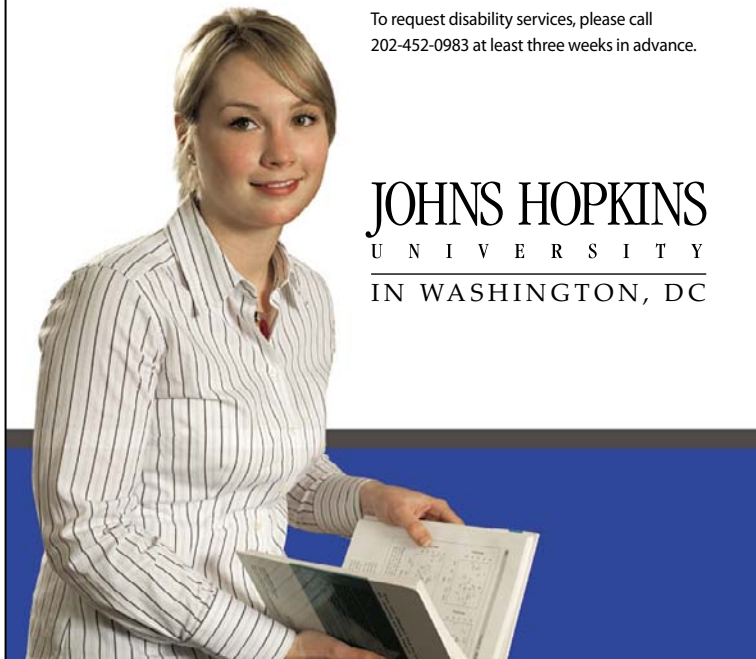
ORIOLES (8 P.M. ON MASN2) The Orioles head to Minnesota to start a 10-day road trip.

MYSTICS (10:30 P.M. ON ESPN2) The Mystics start a three-game road trip in Phoenix

on national TV.

TENNIS (NOON ON ESPN2) The French Open quarterfinals get under way, but without top-seeded woman Maria Sharapova.

COLLEGE SOFTBALL (8 P.M. ON ESPN2) Arizona State plays Texas A&M in the second game of the three-game world series.





NEXT HE'LL WANT TO BE A WOMAN: Brad Pitt has decided that being a world-famous actor isn't good enough. He describes architecture as his "passion" and will be working with a Los Angeles architecture firm to design a new hotel in Dubai.

Entertainment

A Safe Environment

Green network may be in the right place at just the right time

ECOFRIENDLY | Viewers who tune in to the new Planet Green network expecting a sober documentary on the plight of the yellow-breasted whooping finch will be in for a surprise.

Instead, they'll see celebrities such as Tommy Lee, Ludacris, Tom Bergeron and Adrian Grenier — and absolutely no lectures, promises Eileen O'Neill, the network's president.

Planet Green switches on Wednesday at 6 p.m. and runs counter to type. The environmentally conscious network will soft-sell its mission, making entertainment a bigger priority than education. O'Neill calls it "eco-tainment."

The network will immediately be available in 50 million homes, nearly half the nation's cable or satellite customers, because it replaces Discovery Home. Parent Discovery Communications is the latest corporation to realize that a "green" message sells and guesses that a network devoted to the idea might do better than one lost in the glut of home renovation programming.

The immediate assumption is that Planet Green's programming would



A FIGHT FOR THE SALVATION OF THE POLAR ICE CAPS: Rocker Tommy Lee and rapper Ludacris will battle on "Planet Green."

be largely educational, or similar to the sister Discovery Network's "Planet Earth" series. But Planet Green executives saw that as a dead end.

"The network is not only not finger-wagging, it's sexy, it's interesting, it's irreverent," O'Neill said.

Most fledgling networks are built largely upon reruns of old network shows because money is tight. Since there was little existing material that fit its idea, Planet Green is starting with an unusual amount of fresh,

original programming.

Lee and Ludacris will star, beginning in August, in "Battleground Earth," a series of competitions between the rocker and rapper to determine who's the greenest. HBO "Entourage" star Grenier is host of "Alter Eco," where he and a team of experts show celebrities and ordinary people "the way to a hip green lifestyle."

"I totally understand somebody starting a television network want-

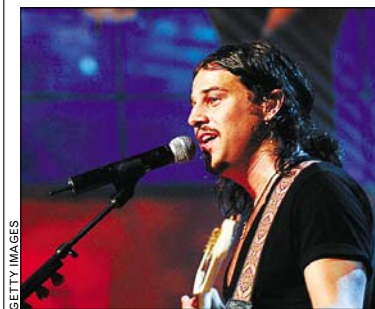
ing to keep it entertaining and not too serious, because anything too serious doesn't attract a wide audience," said cable industry analyst Paul Kagan.

One needs only to check newsstands or track investments to see the popularity of the subject Planet Green is tackling, Kagan said.

"Because they're in the right place at the right time with the subject matter, I think they have a good shot," he said. DAVID BAUDER (AP)

Today's Top Stops

FOR MORE TOP STOPS AND ENTERTAINMENT FEATURES, VISIT [READEXPRESS.COM](http://readexpress.com)



RYAN CABRERA He Stands Watching

I Ryan Cabrera is a pop-rock sensation managed by Jessica Simpson's father, but don't hold that against him. Just because he dated Ashlee Simpson, it doesn't mean he can't play the guitar. If nothing else, go see the most drastic grunge makeover since Renee Zellweger turned into Jack White for six months.

→ *Birchmere, 3701 Mount Vernon Ave., Alexandria; 7:30 p.m., \$25; 703-549-7500.*

JEAN NOUVEL Prince of Pritzker



2 Jean Nouvel recently won the Pritzker Prize, the highest honor in architecture. He'll be speaking (presumably

about the architecture, not the prize) at the National Building Museum tonight. The general public will pay \$30 per ticket, while museum members will pay \$20 and students \$10.

→ *National Building Museum, 401 F St. NW; 7 p.m., \$10-\$30; 202-272-2448. (Judiciary Square)*

THE OUTLAW COLLECTIVE And All That Jazz

3 Named for lead singer Cameron Outlaw, the Outlaw Collective comprises five wunderkind students from the Berklee College of Music doing what they do best: playing jazz.

→ *Blues Alley, 1073 Wisconsin Ave. NW; 8 p.m. and 10 p.m., \$18; 202-337-4141.*

WHAT'S HAPPENING?

Please send press releases and photos to expressevents@readexpress.com

Grandfather of Rock

Bo Diddley had an untold influence on the music community

LEGEND | Bo Diddley, a founding father of rock 'n' roll who inspired legions of other musicians, died Monday of heart failure after months of ill health. He was 79.

The legendary singer and performer, known for his homemade square guitar, dark glasses and black hat, was an inductee into the Rock

and Roll Hall of Fame and had a star on Hollywood's Walk of Fame.

His first single, "Bo Diddley," introduced his signature rhythm: bomp ba-bomp bomp, bomp bomp, often summarized as "shave and a haircut, two bits."

Many other artists — including Buddy Holly, the Who, Bruce Springsteen and Elvis Costello copied aspects of Diddley's style.

Growing up, Diddley said, he had no musical idols, and he wasn't entirely pleased that others drew on

his innovations.

"I don't like to copy anybody. Everybody tries to do what I do, update it," he said.

Despite his success, Diddley claimed he received only a small portion of the money he made during his career. Diddley, like other artists of his generation, was paid a flat fee for his recordings and said he received no royalty payments on record sales. He also said he was never paid for many of his performances. RON WORD (AP)



Diddley was a pioneer of the electric guitar, and created some guitars himself.



Entertainment

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Teens Go From Bad To Verse

**Delinquent teenagers
sentenced to several
hours hard poetry**

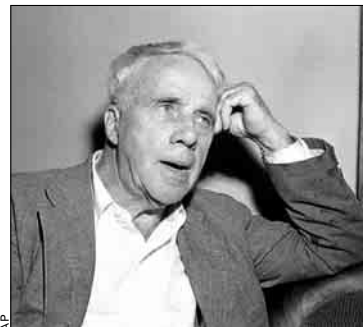
PENANCE | Call it poetic justice:
More than two dozen young people
who broke into Robert Frost's

former home for a beer party and
trashed the place are being required
to take classes in his poetry as part
of their punishment.

Frost spent more than 20 summers
at the Homer Noble Farm in
Ripton, Vt., which was the setting for
a Dec. 28 party, that up to 50 people
attended. The revelry turned destructive
after a chair broke and someone
threw it into the fireplace. The damage
totaled \$10,600.

Frost biographer Jay Parini discussed
"The Road Not Taken" in
the first class.

"This is where Frost is relevant.
This is the irony of this whole thing.
You come to a path in the woods



Poet Robert Frost inspired several of
the teenagers to consider their choices.

where you can say, 'Shall I go to
this party and get drunk out of my
mind?'" he said. "Everything in life
is choices." JOHN CURRAN (AP)



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CASPIAN (PG)** 4:15, 7:50

SEX AND THE CITY (R) ✓ 1:20, 2:10, 3:00, 4:00, 4:40, 5:30, 6:20,
7:20, 8:00, 8:40, 9:40, 10:20
THE STRANGERS (R) ✓ 1:30, 3:10, 4:05, 5:35, 6:45, 8:05, 9:15, 10:25
**INDIANA JONES AND THE KINGDOM OF THE CRYSTAL
SKULL (PG13)** 1:10, 1:50, 2:30, 3:20, 3:50, 4:20, 5:10, 5:50, 6:40,
7:10, 7:40, 8:30, 9:10, 10:00, 10:30
THE CHRONICLES OF NARNIA: PRINCE CASPIAN (PG) 2:10,
2:50, 5:40, 6:15, 9:20, 10:10
SPEED RACER (PG) 5:05
WHAT HAPPENS IN VEGAS (PG13) 3:30, 6:10, 9:00
IRON MAN (PG13) 1:00, 1:40, 2:00, 4:10, 4:50, 6:30, 7:15, 8:10, 9:50
MADE OF HONOR (PG13) 1:55, 4:25, 7:05, 9:30
BABY MAMA (PG13) 2:05, 7:00
HAROLD AND KUMAR ESCAPE FROM GUANTANAMO BAY (R)
4:35, 9:45
FORGETTING SARAH MARSHALL (R) 9:35 PM

AMC COLUMBIA MALL 14
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DIGITAL PRESENTATION

**THE CHRONICLES OF NARNIA: PRINCE
CASPIAN (PG)** 12:05, 3:15, 6:30, 9:45

SEX AND THE CITY (R) ✓ 12:30, 1:30, 2:35, 3:40, 4:45, 5:45, 6:50,
8:00, 9:00, 10:00
THE STRANGERS (R) ✓ 1:35, 3:50, 6:10, 8:30
**INDIANA JONES AND THE KINGDOM OF THE CRYSTAL
SKULL (PG13)** 12:25, 1:10, 1:45, 2:30, 3:25, 4:05, 4:40, 5:25, 6:20,
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IRON MAN (PG13) 2:20, 5:15, 6:40, 8:10, 9:35
MADE OF HONOR (PG13) 4:30, 9:30
BABY MAMA (PG13) 2:10, 7:10

LOEWS GEORGETOWN 14
3111 K Street, N.W.
202-342-6441

DIGITAL PRESENTATION

**THE CHRONICLES OF NARNIA: PRINCE
CASPIAN (PG)** 12:30, 3:25, 6:40, 9:55

SEX AND THE CITY (R) ✓ 12:25, 1:00, 2:10, 3:15, 4:00, 5:10, 6:20,
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IRON MAN (PG13) 1:15, 4:20, 7:40, 10:30
MADE OF HONOR (PG13) 4:50, 10:00
BABY MAMA (PG13) 1:25, 3:50, 10:25
FORGETTING SARAH MARSHALL (R) 2:00, 7:20

AMC POTOMAC MILLS 18
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DIGITAL PRESENTATION

**THE CHRONICLES OF NARNIA: PRINCE
CASPIAN (PG)** 1:25, 4:35, 7:55

SEX AND THE CITY (R) ✓ 12:00, 12:45, 1:30, 3:15, 4:00, 4:45, 6:30,
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THE STRANGERS (R) ✓ 12:30, 2:50, 5:15, 7:40, 9:55
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SKULL (PG13)** 1:35, 4:30, 7:30, 10:30
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7:35, 9:15, 10:05, 10:30
MADE OF HONOR (PG13) 7:25, 9:55
BABY MAMA (PG13) 1:15, 3:50, 6:40, 9:05

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SEX AND THE CITY (R) ✓ 2:00, 3:10, 4:10, 5:10, 6:20, 7:10, 8:10,
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IRON MAN (PG13) 2:10, 4:00, 5:00, 7:00, 8:00, 9:50
MADE OF HONOR (PG13) 5:20, 10:00
BABY MAMA (PG13) 2:50, 7:40

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SEX AND THE CITY (R) 1:15, 4:15, 7:15, 10:15
THE STRANGERS (R) 12:35, 2:40, 5:05, 7:35, 10:00
**INDIANA JONES AND THE KINGDOM OF THE CRYSTAL
SKULL (PG13)** 12:30, 1:30, 2:30, 3:30, 4:30, 5:30, 6:30, 7:30, 8:30,
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IRON MAN (PG13) 12:20, 1:20, 3:20, 4:20, 6:20, 7:20, 9:20, 10:10
PROM NIGHT (PG13) 4:40, 9:40
TYLER PERRY'S MEET THE BROWNS (PG13) 2:10, 7:10

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BEFORE THE RAINS (PG13) 2:20, 4:50, 7:30, 9:50
THE FALL (R) 1:50, 4:30, 7:00, 9:20
SON OF RAINBOW (PG13) 2:10, 4:40, 7:10, 9:30
THEN SHE FOUND ME (R) 1:30, 4:10, 7:50, 10:00
ROMAN DE GARE (R) 2:00, 4:20, 7:00, 9:10
THE VISITOR (PG13) 1:40, 3:50, 7:40, 9:55
YOUNG@HEART (PG) 2:30, 5:00, 7:20, 9:50

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**INDIANA JONES AND THE KINGDOM OF THE CRYSTAL
SKULL (PG13)** 1:15, 4:15, 7:15, 10:15

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CASPIAN (PG)** 12:10, 3:30, 7:05, 10:20

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SKULL (PG13)** 12:15, 12:45, 1:15, 1:45, 2:15, 3:00, 3:35, 4:00, 4:30,
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IRON MAN (PG13) 12:30, 2:05, 3:25, 5:00, 6:30, 8:00, 9:30, 10:50
MADE OF HONOR (PG13) 6:00, 8:30
BABY MAMA (PG13) 12:20, 2:45, 5:05
FORGETTING SARAH MARSHALL (R) 7:25, 10:05

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DIGITAL PRESENTATION

IRON MAN (PG13) 1:45, 4:40, 7:40, 10:25

SEX AND THE CITY (R) ✓ 1:15, 3:30, 4:15, 6:45, 7:15, 10:00, 10:15
**INDIANA JONES AND THE KINGDOM OF THE CRYSTAL
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6:30, 9:30
WHAT HAPPENS IN VEGAS (PG13) 1:20, 4:00, 10:10
BABY MAMA (PG13) 3:00, 5:20, 7:50, 10:20

LOEWS RIO CINEMAS 18
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301-948-0906

DIGITAL PRESENTATION

**THE CHRONICLES OF NARNIA: PRINCE
CASPIAN (PG)** 3:20, 6:40, 9:50

SEX AND THE CITY (R) ✓ 1:00, 1:45, 2:45, 4:00, 4:45, 6:00, 7:15,
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THE STRANGERS (R) ✓ 1:10, 3:25, 5:45, 8:10, 10:25
**INDIANA JONES AND THE KINGDOM OF THE CRYSTAL
SKULL (PG13)** 1:00, 1:40, 2:20, 3:00, 3:30, 4:00, 4:40, 5:20, 5:55,
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**INDIANA JONES AND THE KINGDOM OF THE CRYSTAL
SKULL (PG13)** 1:40, 4:40, 7:40, 10:40
THE CHRONICLES OF NARNIA: PRINCE CASPIAN (PG) 1:15,
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SPEED RACER (PG) 1:05, 4:05
WHAT HAPPENS IN VEGAS (PG13) 2:00, 4:30, 7:20, 9:55
IRON MAN (PG13) 1:20, 2:15, 4:10, 5:10, 7:05, 8:05, 10:05
MADE OF HONOR (PG13) 7:10, 9:40
BABY MAMA (PG13) 2:40, 7:30
HAROLD AND KUMAR ESCAPE FROM GUANTANAMO BAY (R)
5:15, 9:45
FORGETTING SARAH MARSHALL (R) 2:10, 4:55, 7:55, 10:35

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SEX AND THE CITY (R) 1:30, 4:30, 7:15
**INDIANA JONES AND THE KINGDOM OF THE CRYSTAL
SKULL (PG13)** 2:00, 4:45, 7:20
THE CHRONICLES OF NARNIA: PRINCE CASPIAN (PG) 1:25,
4:20, 7:25
WHAT HAPPENS IN VEGAS (PG13) 1:50, 4:20, 7:15
IRON MAN (PG13) 1:55, 4:35, 7:25

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'IDOL' OVERLOAD: For the first time, songs performed on "American Idol" are available for immediate download on iTunes. David Cook's "The Time of My Life" has tallied 236,000 downloads, making it No. 1 on Billboard's Hot Digital Songs chart.

Entertainment

Lauper's True Colors

A pop star boosts the LGBT community with a love-filled tour

ADVOCATE | Cyndi Lauper is one girl who does not just want to have fun. Over the course of her career, the punk chanteuse has undergone innumerable surface incarnations. She has appeared in magazines and music videos in fashions ranging from leather tatters, fishnets and mismatched shoes to the slinky garments of a torch songstress. Her vocal incandescence has morphed from the stylings of

readexpress.com

For more of our conversation with singer and activist Cyndi Lauper, visit readexpress.com/entertainment.php

a new wave princess to those of a Brooklynese Edith Piaf. And her hair has been tinted every conceivable shade of sherbet.

But Lauper has also been an advocate for the lesbian, gay, bisexual and transgendered community. Her unflinching dedication to promoting the support of human rights started with her 1986 sophomore effort, "True Colors"; she donated



FEEL THE PASSION: Lauper gives a heartfelt performance in Boston on Saturday.

the proceeds of her album's single "Boy Blue" to AIDS research.

Twenty years later, Lauper launched the True Colors Tour to raise awareness of the various organizations that work on behalf of people oppressed because of their sexuality.

Lauper spoke with Express about Saturday's tour at DAR Constitution Hall. "If you want to be an individual, you've got to have a voice; you've got to use your voice," she said. "The people who are different, they often walk around helpless. They deserve to feel empowered. Well, information is power. And I want people to be empowered. We're providing them with the information to make that happen." CHRISTOPHER CORREA

→ **DAR Constitution Hall, 311 18th St. NW; Sat., 6:30 p.m., \$5-\$125; truecolors.org.** (Farrah North)

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 SEX AND THE CITY (R) - ID REQ'D (1130 1230 100 230 345 415) 600

700 730 915 1015 1045
 THE STRANGERS (R) - ID REQ'D (1230 300 530) 800 1030
 INDIANA JONES: THE KINGDOM OF THE CRYSTAL (PG-13) (1145 1215 1245 115 300 400 430) 615 715 745 930 1000 1030

OC & DA: INDIANA JONES: THE KINGDOM OF THE CRYSTAL (PG-13) (330) 945
 CHRONICLES OF NARNIA: PRINCE CASPIAN - DP (PG) (1215 345) 715 1030
 CHRONICLES OF NARNIA: PRINCE CASPIAN (PG) (245) 615

IRON MAN (PG-13) (1245 345) 700 1000
 WHAT HAPPENS IN VEGAS (PG-13) (1200 230 500) 745 1030
 MADE OF HONOR (PG-13) (400) 645 930
 FORGETTING SARAH MARSHALL (R) - ID REQ'D 930 PM
 SPEED RACER (PG) (1230) PM

GALLERY PLACE STADIUM 14

701 Seventh St NW 800-FANDANGO 1721#
Adv. Tix on Sale THE INCREDIBLE HULK (PG-13) ★
Adv. Tix on Sale KUNG FU PANDA (PG) ★
Adv. Tix on Sale THE HAPPENING (R) - ID REQ'D ★

THE STRANGERS (R) - ID REQ'D (1200 240) 500 720 950
 SEX AND THE CITY (R) - ID REQ'D (1100 1150 1220 1250 210) 310 340
 410 520 630 700 730 830 950 1020 1050

OC & DA: INDIANA JONES: THE KINGDOM OF THE CRYSTAL (PG-13) (330) 945
 INDIANA JONES: THE KINGDOM OF THE CRYSTAL (PG-13) (1120 1150 1215 1245 230 300) 400 545 615 645 715 845 915 1010
 CHRONICLES OF NARNIA: PRINCE CASPIAN - DP (PG) (1210) 320 650 1000

WHAT HAPPENS IN VEGAS (PG-13) (1140 220) 530 800 1025
 SPEED RACER (PG) (1110) AM
 MADE OF HONOR (PG-13) (110) PM
 IRON MAN (PG-13) (100) 420 740 1035
 BABY MAMA (PG-13) (215) 450 725 955
 FORGETTING SARAH MARSHALL (R) - ID REQ'D 350 710 940

UA SNOWDEN SQ STADIUM 14

9161 Commerce Ctr Dr 800-FANDANGO 570#
Adv. Tix on Sale THE INCREDIBLE HULK (PG-13) ★
Adv. Tix on Sale KUNG FU PANDA (PG) ★
Adv. Tix on Sale THE HAPPENING (R) - ID REQ'D ★

THE STRANGERS (R) - ID REQ'D (230 515) 800 1015
 SEX AND THE CITY (R) - ID REQ'D (1245 115 330 400 430) 645 715 745 950 1020
 INDIANA JONES: THE KINGDOM OF THE CRYSTAL (PG-13) (1230 100 130 315 345 445) 630 700 730 800 930 1000

CHRONICLES OF NARNIA: PRINCE CASPIAN (PG) (1245 300 330 400) 615 645 715 1000 1030
 WHAT HAPPENS IN VEGAS (PG-13) (200 500) 745 1025
 SPEED RACER (PG) 930 PM
 MADE OF HONOR (PG-13) (500) 730 1010
 IRON MAN (PG-13) (1230 345) 700 950
 FORGETTING SARAH MARSHALL (R) - ID REQ'D (215) PM

OC & DA: INDIANA JONES: THE KINGDOM OF THE CRYSTAL (PG-13) (415) 1030

Times For 6/3

MAJESTIC STADIUM 20

formerly Consolidated Theatres
 900 Ellsworth Dr. Silver Spring, MD 240-393-4826
 RWC & DVS info available at theatre

Adv. Tix on Sale THE INCREDIBLE HULK (PG-13) ★
Adv. Tix on Sale KUNG FU PANDA (PG) ★
Adv. Tix on Sale THE HAPPENING (R) - ID REQ'D ★
 THE STRANGERS (R) - ID REQ'D (Stadium) (1250 145 255 355 510) 620 730 825 945 1030

SEX AND THE CITY (R) - ID REQ'D (Stadium) (1145 1230 115 215 300 345 430 530) 615 700 745 845 930 1015
 INDIANA JONES: THE KINGDOM OF THE CRYSTAL (PG-13) (1210 1245 105 135 205 250 320 400 420 450 520) 605 635 715 735 805 835 920 950 1020

CHRONICLES OF NARNIA: PRINCE CASPIAN (PG) (Stadium) (1200 110 210 415 515) 720 820 1025
 WHAT HAPPENS IN VEGAS (PG-13) (Stadium) (125 350) 725 1000
 SPEED RACER (PG) (Stadium) (1235 330) 625 925
 MADE OF HONOR (PG-13) (Stadium) (120) 710
 IRON MAN (PG-13) (Stadium) (140 340 440) 640 740 940 1025
 BABY MAMA (PG-13) (Stadium) (150 425) 655 935
 FORGETTING SARAH MARSHALL (R) - ID REQ'D (Stadium) (405) 955

ROYALE STADIUM 14

formerly Consolidated Theatres
 6505 America Blvd. Hyattsville, MD 301-864-3456
 RWC & DVS info available at theatre

Adv. Tix on Sale THE INCREDIBLE HULK (PG-13) ★
Adv. Tix on Sale KUNG FU PANDA (PG) ★
Adv. Tix on Sale THE HAPPENING (R) - ID REQ'D ★
 THE STRANGERS (R) - ID REQ'D (Stadium) (1240 320 545) 755 1020
 SEX AND THE CITY (R) - ID REQ'D (Stadium) (100 130 400 430) 700 730 1000 1030

INDIANA JONES: THE KINGDOM OF THE CRYSTAL (PG-13) (Stadium) (1145 1215 1245 115 315 345 415 445) 615 645 715 745 915 945 1015 1045
 CHRONICLES OF NARNIA: PRINCE CASPIAN (PG) (Stadium) (1140 1210 300 330) 640 720 950 1040

WHAT HAPPENS IN VEGAS (PG-13) (Stadium) (1250 410) 710 940
 SPEED RACER (PG) (Stadium) (110 405) 725 1025
 MADE OF HONOR (PG-13) (Stadium) (145) 740
 IRON MAN (PG-13) (Stadium) (1255 135 350 425) 705 735 1005 1035
 FORGETTING SARAH MARSHALL (R) - ID REQ'D (Stadium) (450) 1010

BETHESDA 10

7272 Wisconsin Avenue 800-FANDANGO 569#
Adv. Tix on Sale THE INCREDIBLE HULK (PG-13) ★
Adv. Tix on Sale KUNG FU PANDA (PG) ★
Adv. Tix on Sale THE HAPPENING (R) - ID REQ'D ★

THE STRANGERS (R) - ID REQ'D (1115 130 345) 600 815 1020
 SEX AND THE CITY (R) - ID REQ'D (1215 115 415 445) 715 800 1015 1100
 INDIANA JONES: THE KINGDOM OF THE CRYSTAL (PG-13) (1130 115 145 215 400 430 500) 645 715 745 930 1000 1030

CHRONICLES OF NARNIA: PRINCE CASPIAN (PG) (1200 315) 630 945
 WHAT HAPPENS IN VEGAS (PG-13) (100 320 540) 800 1020
 MADE OF HONOR (PG-13) (1140 440) 700
 IRON MAN (PG-13) (130 430) 730 1030
 FORGETTING SARAH MARSHALL (R) - ID REQ'D (200) 930

BOWIE STADIUM 14

15200 Major Lansdale Blvd 800-FANDANGO 454#
Adv. Tix on Sale THE INCREDIBLE HULK (PG-13) ★
Adv. Tix on Sale KUNG FU PANDA (PG) ★
Adv. Tix on Sale THE HAPPENING (R) - ID REQ'D ★

SEX AND THE CITY (R) - ID REQ'D (1230 245 345) 615 700 945 1015
 THE STRANGERS (R) - ID REQ'D (1230 145 245 400 500) 630 715 830 930 1045
 INDIANA JONES: THE KINGDOM OF THE CRYSTAL (PG-13) (1215 1245 115 300 330 400 430) 615 645 715 745 930 1000 1030 1100

CHRONICLES OF NARNIA: PRINCE CASPIAN - DP (PG) (100 415) 730 1030
 CHRONICLES OF NARNIA: PRINCE CASPIAN (PG) (1215 315) 615 715 815 1015
 IRON MAN (PG-13) (130 430) 630 730 945 1015
 WHAT HAPPENS IN VEGAS (PG-13) (130 345) 600 815 1100
 BABY MAMA (PG-13) (115 330) 600 815 1100
 SPEED RACER (PG) (100 415) 745
 MADE OF HONOR (PG-13) 1045 PM

GALLERY PLACE STADIUM 14

701 Seventh St NW 800-FANDANGO 1721#
Adv. Tix on Sale THE INCREDIBLE HULK (PG-13) ★
Adv. Tix on Sale KUNG FU PANDA (PG) ★
Adv. Tix on Sale THE HAPPENING (R) - ID REQ'D ★

THE STRANGERS (R) - ID REQ'D (1200 240) 500 720 950
 SEX AND THE CITY (R) - ID REQ'D (1100 1150 1220 1250 210) 310 340
 410 520 630 700 730 830 950 1020 1050
 OC & DA: INDIANA JONES: THE KINGDOM OF THE CRYSTAL (PG-13) (330) 945

INDIANA JONES: THE KINGDOM OF THE CRYSTAL (PG-13) (1120 1150 1215 1245 230 300) 400 545 615 645 715 845 915 1010
 CHRONICLES OF NARNIA: PRINCE CASPIAN - DP (PG) (1210) 320 650 1000

WHAT HAPPENS IN VEGAS (PG-13) (1140 220) 530 800 1025
 SPEED RACER (PG) (1110) AM
 MADE OF HONOR (PG-13) (110) PM
 IRON MAN (PG-13) (100) 420 740 1035
 BABY MAMA (PG-13) (215) 450 725 955
 FORGETTING SARAH MARSHALL (R) - ID REQ'D 350 710 940

BALLSTON COMMON STADIUM 12

671 N Glebe Rd 800-FANDANGO 377#
Adv. Tix on Sale KUNG FU PANDA (PG) ★
 THE STRANGERS (R) - ID REQ'D (100 320 540) 800 1020
 INDIANA JONES: THE KINGDOM OF THE CRYSTAL (PG-13) (1145 1215 1245 145 300 330 400 430 500) 615 645 715 845 915 930 1000 1030

WHAT HAPPENS IN VEGAS (PG-13) (215 450) 730 1005
 SPEED RACER (PG) (1200 330) 640 955
 SON OF RAMBO (PG-13) (205 440) 735 1010
 THE VISITOR (PG-13) (1155 235 525) 805
 FORBIDDEN KINGDOM (PG-13) (125 415) 705 945
 FORGETTING SARAH MARSHALL (R) - ID REQ'D (225 510) 755

POTOMAC YARD STADIUM 16

3575 Jefferson Davis Hwy 800-FANDANGO 690#
Adv. Tix on Sale THE INCREDIBLE HULK (PG-13) ★
Adv. Tix on Sale KUNG FU PANDA (PG) ★
Adv. Tix on Sale THE HAPPENING (R) - ID REQ'D ★

SEX AND THE CITY (R) - ID REQ'D (1210 1255 130 205 335 410 445 520) 650 725 800 835 1005 1040
 THE STRANGERS (R) - ID REQ'D (1210 1250 230 310 450 530) 710 750 930 1015
 INDIANA JONES: THE KINGDOM OF THE CRYSTAL (PG-13) (1145 1215 1245 120 155 255 355 430 505) 600 630 700 735 810 855 955 1030

OC & DA: INDIANA JONES: THE KINGDOM OF THE CRYSTAL (PG-13) (325) 925
 CHRONICLES OF NARNIA: PRINCE CASPIAN - DP (PG) (300) 620 945
 CHRONICLES OF NARNIA: PRINCE CASPIAN (PG) (1200 345) 645 945
 WHAT HAPPENS IN VEGAS (PG-13) (250 540) 820
 SPEED RACER (PG) (1240) 640
 IRON MAN (PG-13) (115 420) 705 745 1010
 MADE OF HONOR (PG-13) (1200) PM
 FORGETTING SARAH MARSHALL (R) - ID REQ'D (350) 950

KINGSTOWNE STADIUM 16

5910 Kingstowne Towne Center 703-822-4966
 RWC & DVS info available at theatre

Adv. Tix on Sale THE INCREDIBLE HULK (PG-13) ★
Adv. Tix on Sale KUNG FU PANDA (PG) ★
Adv. Tix on Sale THE HAPPENING (R) - ID REQ'D ★
 THE STRANGERS (R) - ID REQ'D (Stadium) (1150 1255 200 300 410 510) 635 735 845 945

SEX AND THE CITY (R) - ID REQ'D (Stadium) (1200 1230 145 250 315 350 450) 610 640 710 800 920 950 1020
 INDIANA JONES: THE KINGDOM OF THE CRYSTAL (PG-13) (Stadium) (1145 1215 1245 135 210 240 310 345 430 500 530) 615 645 725 755 830 910 940 1025

CHRONICLES OF NARNIA: PRINCE CASPIAN (PG) (Stadium) (1205 225 320) 620 925
 WHAT HAPPENS IN VEGAS (PG-13) (Stadium) (1240 330) 605 835
 SPEED RACER (PG) (Stadium) (1235) 625
 MADE OF HONOR (PG-13) (Stadium) (335) 935
 IRON MAN (PG-13) (Stadium) (155 455) 630 745 930 1030

COUNTRYSIDE STADIUM 20

45980 Regal Plaza 800-FANDANGO 394#
Adv. Tix on Sale THE INCREDIBLE HULK (PG-13) ★
Adv. Tix on Sale KUNG FU PANDA (PG) ★
Adv. Tix on Sale THE HAPPENING (R) - ID REQ'D ★

THE STRANGERS (R) - ID REQ'D (1210 150 240 420 510) 650 740 910 1010
 SEX AND THE CITY (R) - ID REQ'D (1145 100 130 200 300 400 445 530) 615 715 800 845 930 1030

OC & DA: INDIANA JONES: THE KINGDOM OF THE CRYSTAL (PG-13) (330) 940
 INDIANA JONES: THE KINGDOM OF THE CRYSTAL (PG-13) (1130 1200 1230 110 140 210 230 310 410 430 500 540) 600 630 700 730 810 830 900 1000 1040

CHRONICLES OF NARNIA: PRINCE CASPIAN - DP (PG) (120 440) 750
 CHRONICLES OF NARNIA: PRINCE CASPIAN (PG) (1150 1240 320 350) 640 950
 WHAT HAPPENS IN VEGAS (PG-13) (1215 245 520) 745 1015
 SPEED RACER (PG) (1220) 610
 MADE OF HONOR (PG-13) (325) 925
 IRON MAN (PG-13) (1140 250) 620 720 920 1020
 BABY MAMA (PG-13) (1135 205 435) 710 945
 FORGETTING SARAH MARSHALL (R) - ID REQ'D (1155 235 515) 755 1035

FOX STADIUM 16

formerly Consolidated Theatres
 22875 Crawford Plz. Auburn, VA 703-957-1035
 RWC & DVS info available at theatre

Adv. Tix on Sale THE INCREDIBLE HULK (PG-13) ★
Adv. Tix on Sale KUNG FU PANDA (PG) ★
Adv. Tix on Sale THE HAPPENING (R) - ID REQ'D ★
 THE STRANGERS (R) - ID REQ'D (Stadium) (1140 200 420) 750 1005
 SEX AND THE CITY (R) - ID REQ'D (Stadium) (1130 1215 1245 135 235 330 415 500 540) 645 730 830 900 950 1030

INDIANA JONES: THE KINGDOM OF THE CRYSTAL (PG-13) (Stadium) (1145 1245 115 145 300 400 430 500) 615 715 745 815 930 1040
 CHRONICLES OF NARNIA: PRINCE CASPIAN (PG) (Stadium) (1200 1230 130 315 345 445) 700 800 1015

WHAT HAPPENS IN VEGAS (PG-13) (Stadium) (1155 220 455) 720 940
 SPEED RACER (PG) (Stadium) (1225 320) 620 920
 MADE OF HONOR (PG-13) (Stadium) (1135 205 440) 740 1010
 IRON MAN (PG-13) (Stadium) (1115 225 530) 640 845 1000

FAIRFAX TOWNE CENTER 10

4110 W Ox Road 800-FANDANGO 670#
Adv. Tix on Sale THE INCREDIBLE HULK (PG-13) ★
Adv. Tix on Sale THE HAPPENING (R) - ID REQ'D ★
Adv. Tix on Sale KUNG FU PANDA (PG) ★
Adv. Tix on Sale THE HAPPENING (R) - ID REQ'D ★

THE STRANGERS (R) - ID REQ'D (1200 315) 630 945
 SEX AND THE CITY (R) - ID REQ'D (1245 115 155 400 430 505) 715 745 815 1030
 SPEED RACER (PG) (1230 345) 655 1000
 IRON MAN (PG-13) (105 135 405 435) 705 735 1005 1035
 FORBIDDEN KINGDOM (PG-13) (120 420) 720 1020
 EXPELLED: NO INTELLIGENCE ALLOWED (PG) (145 445) 730 1015
 NIM'S ISLAND (PG) (1215 330) 700 940

MANASSAS STADIUM 14

11380 Bulloch Drive 800-FANDANGO 490#
Adv. Tix on Sale THE INCREDIBLE HULK (PG-13) ★
Adv. Tix on Sale KUNG FU PANDA (PG) ★
Adv. Tix on Sale THE HAPPENING (R) - ID REQ'D ★
 THE STRANGERS (R) - ID REQ'D (215 515) 800 1045

SEX AND THE CITY (R) - ID REQ'D (1200 1245 130 145 315 400 430) 600 645 730 830 930 1000 1030
 INDIANA JONES: THE KINGDOM OF THE CRYSTAL (PG-13) (1130 1230 200 230 345 415 500) 630 700 745 815 915 945 1100
 CHRONICLES OF NARNIA: PRINCE CASPIAN - DP (PG) (1120 300) 615 950

CHRONICLES OF NARNIA: PRINCE CASPIAN (PG) (100 445)
 WHAT HAPPENS IN VEGAS (PG-13) (115 350) 620 850
 SPEED RACER (PG) (1210 330)
 IRON MAN (PG-13) (1145 245) 715 900 1015
 BABY MAMA (PG-13) 740 1010

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Entertainment

Sweet, Familiar Sounds

Al Green plays it safe,
soulful and pleasant
on 'Lay It Down'

MUSIC | If Al Green's "Lay It Down" sounds familiar, that's ok, because it should. Much like his 2003 comeback CD "I Cant Stop," this is an homage to and re-creation of Green's '70s glory days. That's when the quintessential love man, with producer Willie Mitchell, delivered classics like "Let's Stay Together" and "Call Me" that inspired millions. That apparently included James Poyser and the Roots' Ahmir "Questlove" Thompson, who, with Green, produced this joyful if somewhat uneven CD.

The intentions are good. Green's



ELITE HELP: A new album by Green, above, was produced by Questlove of the Roots.

vocals are still sanctified and sexy — witness the slinky "I'm Wild." Likewise, the mournful title track and "No One Like You" shout out to Green's 1972 gem "Love and Happiness," and the proliferation of Hammond B3 organs makes this an old-school dream, which is part of the problem.

While no one is expecting Lil Wayne on the hook, the partici-

pation of stylists like Thompson and Poyser — along with fellow acolytes John Legend and Anthony Hamilton (who almost steals the jazzy "You've Got the Love") — implied that Green's trademark sound might be guided into a new direction. Not doing so doesn't make "Lay It Down" any less soulful — it just makes it a bit too safe. AMY LINDEN (AP)

Still Depressed?

If you (or someone you know) have been diagnosed with major depression, you may be able to participate in this research study designed to decrease symptoms and better understand causes of depression. This study tests whether a new medication that targets a novel system called glutamate, compared with placebo, will be effective in improving depression. This is a 10-week inpatient study, in Bethesda, MD. After completion of the study the participant is given short-term treatment and transitioned back to the community. In addition, all research participation is without cost.

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<http://www.patientinfo.nimh.nih.gov> or <http://clinicaltrials.gov>

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The National Institute of Mental Health **NIMH**
National Institutes of Health, Department of Health & Human Services
National Institute of Mental Health



WHO'S THE CELEBRITY APPRENTICE? It's everyone's favorite male housekeeper, Tony Danza! He has officially joined the next cast of Donald Trump's "Celebrity Apprentice," the show on which B-list celebs compete to earn money for charity.

ON TV TONIGHT

TEENAGE ANGST SKIPPED

Tom Hanks is memorable as an adolescent-turned-adult in the comedy **BIG** (8 p.m., AMC).

'MISHAP' INDEED

A mishap nearly takes two lives on **DEADLIEST CATCH** (9 p.m., Discovery).

ADVERTISING ABS

The staff of the Beverly Hills gym Sky Sport & Spa prepares to make a promotional DVD on **WORK OUT** (10 p.m., Bravo).

SWALLOWED WHOLE

A competitive eater vanishes on **WITHOUT A TRACE** (10 p.m., CBS).

BOOK PROMOTION

David Sedaris is scheduled on **THE DAILY SHOW WITH JON STEWART** (11 p.m.,



KELSEY MCNEAL/BRavo

TOP TRAINER: Jackie Warner rules with an iron muscle on "Work Out."

Comedy Central).

USHER THE PELVIS

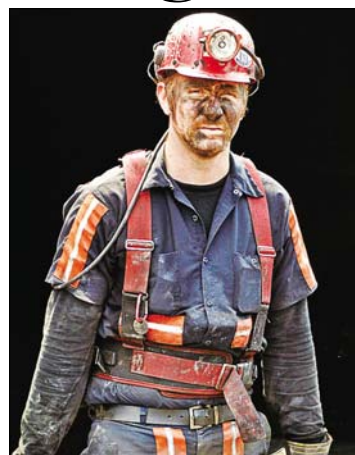
Jay Leno hosts Liv Tyler, Judd Apatow and Usher on **THE TONIGHT SHOW** (11:35 p.m., NBC). KEVIN MCDONOUGH (UNITED FEATURE SYNDICATE)

Empathy Reigns

Morgan Spurlock's '30 Days' is a quaint exercise in tolerance

COHABITATION | The "walk a mile in my shoes" series "30 Days" (10 p.m., FX) returns for a third season tonight. In tonight's installment, Morgan Spurlock, the director of "Supersize Me," returns to his native state of West Virginia to spend a month working as a coal miner.

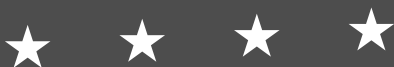
Since the debut of "30 Days," cable television has become thick with occupational reality shows and documentary-style series



GIMMICK JUNKIE: Spurlock's latest has pacifists living with gun-toters.

about crab fishing, truck driving and logging. But "30 Days" remains the most earnest in its attempts to provide viewers with a vicarious experience as well as offer a smattering of thought about the ordeal. Spurlock asks viewers to find meaning in his spectacle. And that's no mean feat.

Spurlock himself will not live out all of the experiences this season. Over the next six weeks, an NFL veteran will live for a month in a wheelchair; a hunter will live with a PETA activist; a mother will live with a same-sex couple as they raise their children; an anti-gun activist will live with a hunter; and the series creator returns to live a month on an Indian reservation. KEVIN MCDONOUGH (UNITED FEATURE SYNDICATE)



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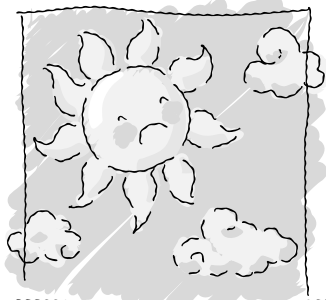
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AD BONE MARROW 03/07

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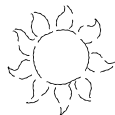


Every morning, thousands of people with **obstructive sleep apnea and depression** wake up tired.

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lbromfield@janegoodall.org
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4245 North Fairfax Drive, Suite 600
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COOK - DC Based Boys Group Home in URGENT need of FT/PT Cooks. Qualifications: Minimum H.S. & 2 yr exp. Please fax resume and salary negotiable 202-462-7050

COOKS

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JOBS

Community



Community Health Center Job Fair Full-time Career Opportunities

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JOB FAIR This Saturday, June 7, 2008 Community (AmeriCorps) Health Corps Members Only

We will be hosting an AmeriCorps Job Fair on Saturday, June 7, 2008 at **3020 14th St., NW from 9am-1pm, 4th Floor**. This program requires you to be committed to serve 1700 hours over an (11) eleven-month period. This position is full-time (37.5 hours a week). In addition, you will receive a living stipend of \$11,675 and an education award of \$4,725, upon completion of your term of service. This is not at Youth Summer Program, only individuals who can work full-time hours will be considered.

For more details, visit us at:
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Click on **Career Center**
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Call **301-213-9008**

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Total Care Services, Inc. is currently seeking caring individuals to provide supports of daily living skills to person with MR/DD in our In-Home Supports Program. Part Time, Weekend Positions available. \$10.00 per hr - \$11.75 ph. Must possess High School Diploma/GED and clean Background. Applicants may apply or pick up an application at **5780 2nd St., NE WDC 20011 M-F 9:00am - 4:30 pm**.

Education

Medical Assistant Lecture & Clinical Teachers
P/T AM/PM. Fax Francine: (301) 608-0802

JOBS

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Previous experience reporting and writing for a magazine, demonstrable good prose, and a decent knowledge of African and Black History, would go a long way.

All replies to: lewisobi@verizon.net

Education

Special Education Coordinator

City Lights Public Charter School, a secondary school for adolescents with emotional and behavioral disorders, in North East Washington, DC is accepting applications for Special Education Coordinator. Applicants must possess a valid D.C. Special Education License and prior Special Education Coordinator experience. To apply submit resume and credentials to Human Resources at 202-832-3654. This is an Equal Employment Opportunity. City Lights is a Drug Free Workplace

Education:

THEA BOWMAN PREPARATORY ACADEMY is a values-based, public charter school opening in August. Join our team of dedicated and creative educators as a member of our founding faculty and staff. Teachers must have a bachelor's degree & be able to meet "highly qualified" requirements for middle school. Positions available:

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Send resume, credentials and 3 letters of recommendation to:
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Healthcare



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- Psychiatrist
- Dentist
- Register Nurse (RN)
- License Practical Nurse (LPN)
- Regulatory Affairs Nurse
- Grants Management Specialist
- Radiologic Technician
- Health Center Director
- Driver
- IT Data Analyst/Trainer
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Email Resume to
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Social Work - DC Based Boys Group Home in URGENT need of F/T Assistant Administrators, Senior Counselors, Shift Supervisors. Qualifications: College BS Social Work preferred & 2 years exp. Please fax resume and salary req. to 202-462-7050

Social Worker
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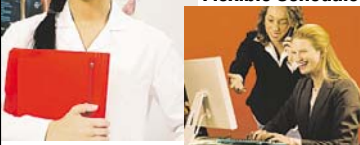
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ALEX/Park Fairfax—\$1900 incl all util, park, 2/2 br/ba, high rise, Martha Custis, small pets, pool, 240-350-3225

Arlington—\$2550, 3 br/ba/lvl TH on busline nr metro. Location! Open 6/1: 11a-1pm WD, Fplc, Hw/Fllrs. info: 3320TH@gmail.com; 703-624-3591

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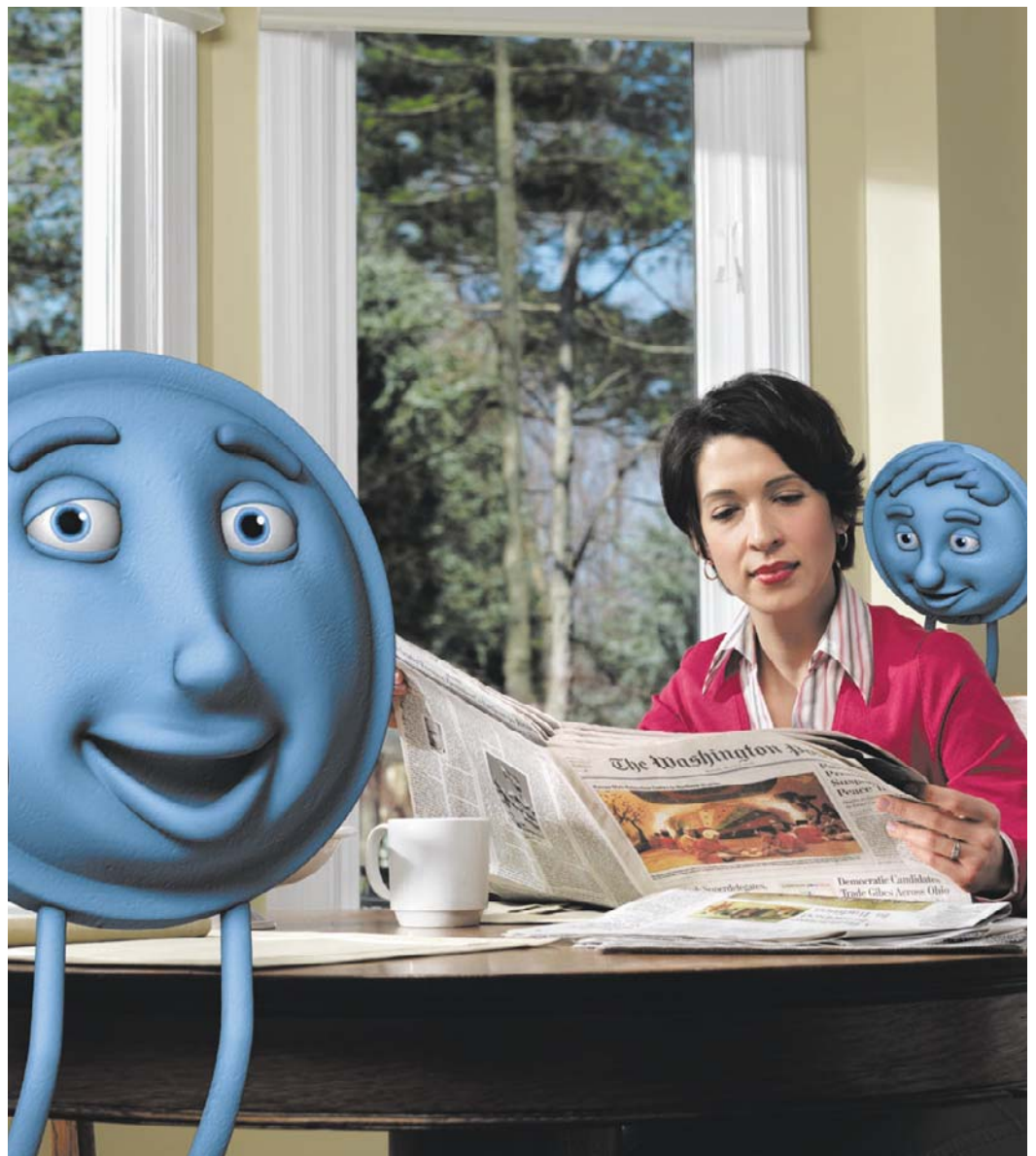
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LOOK out

* TRENDS, CULTURE, DISCOVERIES, IDEAS, PEOPLE

Trends

Ghost-hunting groups attract new members across the country

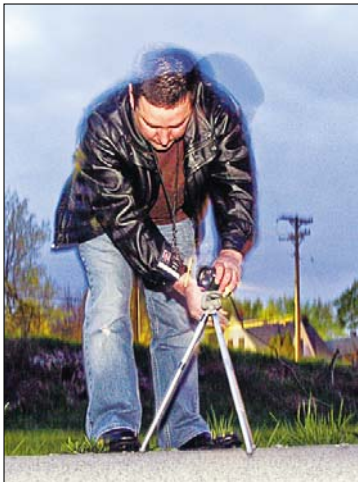
As midnight approached, a grassy field where the old train depot once stood pulsed with activity.

About 90 people tiptoed around night-vision cameras atop tiny tripods and dodged remote sensors connected to a computerized surveillance system. They waited for the Lincoln Ghost Train, which some people believe passes through this western Ohio city on the anniversary of the 1865 trip that carried the president's body to Springfield, Ill., for burial.

Ghost-hunting groups across the country are swelling with members — their popularity fueled by TV shows, the Internet and the availability of high-tech equipment.

"Academics pooh-poo all of this, usually," said Julieanne Phillips, an assistant professor at Urbana University who invited the ghost hunters. "I'm hoping for some vindication that there might be some type of paranormal activity surrounding this."

On this night, there wasn't.



PARANORMAL PURSUIT: Members of the ghost-hunting group the Ghosts of Ohio use a camera, left, and computers, right, to investigate a railroad track in Urbana, Ohio.

"Ghost reality shows have really opened the door for people to get involved themselves," said James Willis, founder of the Ghosts of Ohio, the group watching the tracks for the paranormal train.

The airwaves are populated with shows such as "Ghost Whisperer," "Medium," "Paranormal State" and "Ghost Hunters."

Viewership of "Ghost Hunters," a reality show on the Sci Fi Channel that chronicles investigations by the Atlantic Paranormal Society, or TAPS, has doubled since it debuted in 2004 — growing from 1.3 million viewers to 2.6 million.

The Rhode Island-based society currently has about 80 affiliates in

INSIDE

Jessica blesses sis Ashlee's new union | 34



Styles: The sheer drama of it all! | 31

Discussion: Primary season is ending | 32



PHOTOS BY SKIP PETERSON/AP

Spirit Seekers

44 states, twice the number of affiliates it had two years ago.

Other groups are feeling the surge of interest in ghost hunting.

Forty of the 60 people who attended a recent dinner in Erie, Pa., that featured the Paranormal Study and Research Group asked whether they could join the group or tag along on ghost hunts. A year earlier, only two or three asked to be

“People used to look at us like we were absolutely insane, and now they want to come along with us.”

PAT JONES, GHOST HUNTER

involved after a similar event.

"We're actually grateful for ["Ghost Hunters"] because instead of being a bunch of freaks, we're like the cool people on TV," founder Pat Jones said.

"People used to look at us like we were absolutely insane, and now they want to come along with us," Jones said. "It's almost like every day is Halloween." JAMES HANNAH (AP)



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Appetizing, Pho Sure

Food

The Vietnamese noodle soup is a hit in U.S. restaurants

In a cramped kitchen behind a counter adorned with a smiling gold Buddha, restaurateur Henry Le fishes a fist-sized beef bone out of a cauldron of simmering broth before turning his attention to bins of sliced beef, pork, chicken and tripe.

It's the mid-afternoon lull, but in another hour the tables at Pho Tau Bay restaurant in Santa Ana, Calif., will be crammed with customers craving the only item on Le's menu: pho.

The traditional Vietnamese noodle soup, pronounced "fuh," is a staple here in Little Saigon, home to the largest population of Vietnamese outside Vietnam. In a neighborhood where tiny mom-and-pop shops are three or four to a city block, Le's rich, beefy broth



Pho, the traditional Vietnamese noodle soup, is considered an ideal comfort food.

has been unofficially declared some of the best pho around.

"It's easy to make but hard to make good," said Le, grinning under his paper chef's hat.

Cheap, simple and nutritious, Vietnamese consider the soup of broth, rice noodles, meat and vegetables the ultimate comfort food,

the Vietnamese version of a bowl of homemade chicken noodle soup.

In Little Saigon, it's also a treasured social and cultural touchstone that keeps business booming and memories of home strong, all while providing a culinary link that helps straddle the cultural divide between immigrants and their American-

“The flavor of the broth is the main secret of each place. People ... will come to a place because they like the broth.”

NICHOLAS NGUYEN, RESTAURATEUR

raised children.

"There are so many restaurants," said 18-year-old Ann Nguyen, who stopped for a bowl of beef pho at Luc Dinh Ky restaurant with her brother and his girlfriend. "It's like Starbucks, only times 10."

Though the exact origins of pho are murky, most agree that the soup first took root near Hanoi, in northern Vietnam, shortly before the turn of the last century.

Some believe that the name "pho" is a corruption of the French word "feu," for fire — a reference to a classic French dish called pot-au-feu that was introduced to Vietnam by French colonists. Others think

pho was copied from a Chinese dish and later tailored to Vietnamese tastes.

The recipe traveled to south Vietnam in 1954, when more than 1 million refugees fled communist forces that had taken power and forced out the French.

The broth was a hit in Saigon, where residents embellished the dish by cramming it with more meat and serving the noodles with garnishes such as fresh basil, lime juice, bean sprouts, cilantro and hoisin sauce.

Even today, thousands of miles from Vietnam, connoisseurs say they can taste subtle, regional variations in the broth of the establishments that line the streets of Orange County cities.

"The flavor of the broth is the main secret of each place," said Nicholas Nguyen, a manager at Brodard Chateau, a fusion restaurant that has put its own French twist on the traditional soup. "People tend to have a lot of choices, but they will come to a place because they like the broth."

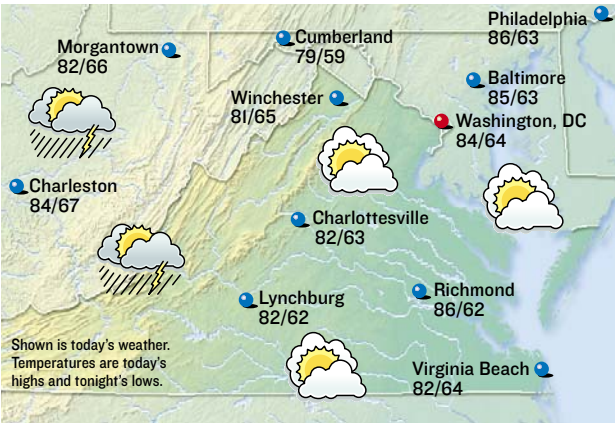
Chefs put high priority on making a clear, pure broth, sometimes taking more than five hours to simmer it. The pho also must arrive at the table piping hot, so the basil and cilantro are flash-cooked when added by the customer.

GILLIAN FLACCUS (AP)

5 Day Forecast for the Washington Area

Today	Tonight	Wednesday	Thursday	Friday	Saturday
Partly sunny	Mostly cloudy	A gusty thunderstorm	Partly sunny, a t-storm possible	Partly sunny	Partly sunny, hot, humid
84°	64°	86° / 70°	82° / 70°	89° / 70°	90° / 69°

Regional Weather



Forecasts and graphics provided by AccuWeather, Inc. ©2008

Almanac

Washington, D.C., through 4 p.m. Mon.

Temperature

High 79°

Low 62°

Normal high 80°

Normal low 61°

Average humidity 42%

Precipitation

24 hours ending 4 p.m. 0.00"

Month to date 0.00"

Normal month to date 0.23"

Year to date 23.92"

Last year to date 13.79"

Normal year to date 16.37"

For up-to-the-minute weather, see: washingtonpost.com/weather

Regional Forecast

D.C. Metro: Today, partly sunny. High 84. Wind south 7-14 mph. Tonight, mostly cloudy. Low 64. Wind south 10-20 mph.

Sun and Moon

Sunrise today 5:44 a.m.

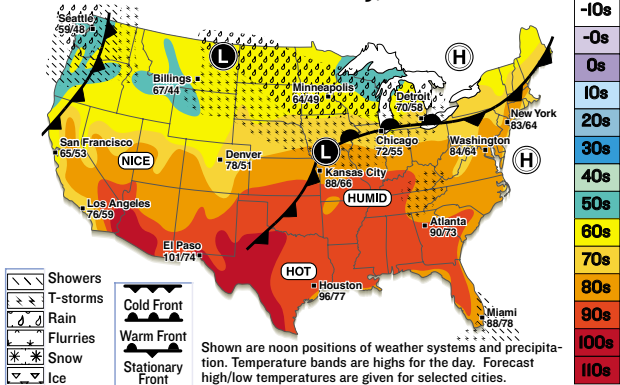
Sunset tonight 8:29 p.m.

Moonrise today 5:04 a.m.

Moonset today 8:57 p.m.



National Weather for Tuesday, June 3



National Cities

City	Today	Wed.
Atlanta	Hi/Low/W 90/73/t	89/72/t
Boston	82/60/s	75/58/t
Chicago	72/55/t	73/63/t
Dallas	96/77/s	94/78/s
Denver	78/51/pc	74/45/c
Honolulu	87/74/pc	87/74/s
Los Angeles	76/59/pc	72/60/pc
Miami	88/78/pc	87/78/t
New York City	83/64/s	79/64/t
Orlando	92/72/t	92/73/t
Seattle	59/48/r	61/48/pc

World Cities

City	Today	Wed.
Amsterdam	Hi/Low/W 72/57/sh	70/58/c
Athens	81/64/s	81/68/s
Berlin	88/65/pc	83/61/s
Buenos Aires	63/52/pc	64/54/c
Calgary	66/44/t	57/44/c
Dublin	61/46/pc	59/48/r
Geneva	67/57/r	68/57/r
Moscow	63/45/sh	59/46/r
Rome	73/57/sh	75/56/pc
Sydney	61/55/r	60/55/r
Tokyo	68/61/r	71/61/c

s-sunny, pc-partly cloudy, c-cloudy, sh-showers, t-thunderstorms, r-rain, sf-snow flurries, sn-snow, i-ice.

Styles

Look out

Sheer Inspiration

Thin fabrics are back in fashion but need to be worn the right way

This spring, going sheer doesn't mean dressing like a 1980s video vixen. Forget raunchy and think romantic — ethereal chiffon floral dresses at Roberto Cavalli, sheer organza color-blocking at Jil Sander and Venetian brocades encased in sheer netting, as if in soft focus, at Dolce & Gabbana.

Yves Saint Laurent put sheer on the style map in 1968, when his collection of barely there chiffon blouses hit the runways at the height of the sexual revolution. In her 1984 "Like a Virgin" video, Madonna played peekaboo in a white lace and chiffon gown. The lingerie look took off then and surfaced again in the mid-'90s when the slip-dress was a trend.

Today's styles may be more conservative, but don't be fooled: They are no easier to wear.

"You really have to spend time playing with it to see what works on you," says Mary Alice Stephenson, a stylist who's known for creating polished, uptown looks for such celebrities as Drew Barrymore, Penelope Cruz and Gisele Bündchen.

Liquid, light, feminine — sheer is an important look in the stylist's spring repertoire. But sheer, Stephenson says, can be disastrous if done wrong: "It's about looking like a lady and not a slut."

Easier said than done.

Is it really possible to look sophisticated in a see-through outfit?

Absolutely. But the truthful answer is that most women in America don't do it well. You can't wear sheer like you're on the cover of FHM. You have to pair the look with ladylike pieces that you already have in your

wardrobe. Put a sheer top under a tuxedo jacket or a big, lightweight sweater. Belt a sheer little dress over a camisole and boy shorts. And you can double-layer, too. It's about wearing sheer pieces like you'd wear a piece of normal clothing, only more elegantly.

I do not exactly have the body of Kate Moss. How can I make sheer work with my curves?

I don't think there are rules for weight. No matter what, if you're going to wear sheer, you'd better wear it with confidence. It takes guts and a sense of personal style. Curvier women like support, so I suggest wearing a corset, bra or fitted T-shirt underneath. Do it a la Dolce & Gabbana with a pencil skirt and sheer blouse over a bustier. It's easier if you incorporate it as a layering piece.

Does sheer work on all ages, too?

Hollywood has basically taken the idea of what is age-appropriate and smashed it against a wall. There are so many fantastic-looking women in their 40s, 50s and 60s. Demi Moore to Madonna to the "Desperate Housewives" to Julie Christie — they really do incorporate sheer into what they wear. It's what you pair it with. You don't pair it with too-tight jeans or sky-high stilettos. For summer, you can wear a pair of trouser jeans that you love and adore with a lightweight tank top over a fantastic bra.

Won't I look cheap if my bra is showing?

It depends on what bra you're wearing. The key is to not wear sheer in



a vulgar way. Instead of a demi-cup, wear something that's a little more substantial. Victoria's Secret has great bras that are colorful and aren't so over the top. There are also lots of bodysuits, bustiers and camisoles with bras built in — but take time to try them on to make sure that they don't bunch or add unwanted bulk. And incorporate what you already have in your wardrobe with your sheer pieces. You'll be surprised how polished your old jean jacket looks over a wispy chiffon blouse, even if your favorite lace bra is showing underneath.

I don't think my boss would be thrilled to see a La Perla peeking through my shirt.

If you're in a very corporate office, you can still wear sheer. Wear a sheer blouse underneath a jacket with a skirt or pants. Then you go for a cocktail and voila — off goes the jacket, and that blouse looks really sexy on its own. We all love to have little fashion secrets that make us feel feminine and good. Even hidden, it's still sexy.

How can you incorporate color?

Black sheer over a black bra is the stereotypical way that people wear sheer in America. Stay away from that. Play with pieces that are colorful. The important colors for spring are purple, fuchsia and blue. I think that's super-feminine and sexy, less of a hard, black dominatrix look. I tend to like patterns on a piece that's a little sheer and not completely see-through. The look is a bit easier to take in a semi-sheer, floral pattern.

Where do you gain inspiration?

Dolce & Gabbana and Jean Paul Gaultier are two designers that have really played with the idea of lingerie as outerwear. They're really at the forefront of sheer. I guess it's the idea of doing it in a ladylike way. Young designers like Proenza Schouler are inspired by lingerie in what they do. And Kate Moss does it right. She'll wear sheer with a belt over jeans.

ERIN WEINGER (LOS ANGELES TIMES)

Beauty



Not Before Fajitas

The ratio of lip glosses to pens in our bag right now: 6-to-1. Our gloss capacity has maxed out, but it didn't keep us from trying the newest entry in the sticky, shiny foray — **PRESCRIPTIVES COLORSCOPE** (\$18, Prescriptives counters). We took the Sassy shade for a spin, and although we loved the spicy rose color, it did not survive the Mexican food challenge (a product needs to endure the chips and salsa round). The competition for precious purse space is fierce.

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TRUE BLUE SPA SHADE TO ORDER (\$19, Bath & Body Works) gives new meaning to the word "sundial." The rotating top lets you choose the hue you want your skin, from espresso to pale peach. In reality, one's choices are more cafe au lait and cafe au lait, light on the au lait. There's not much dif-

ference between 1 and 2, but between 1 and 6 there's a pretty hefty discrepancy. Good: The color is a natural brown. Bad: Choices show as much racial diversity as a "flesh-colored" bandage, assuming one's starting skin tone is lily-white. HOLLY J. MORRIS (EXPRESS)



LOOK out Online


readexpress.com

site specifics

AROUND TOWN

Get Spiked

His cuisine and his headgear turned heads on "Top Chef." Now, Spike Mendelsohn is poised to bring his Good Stuff Eatery to D.C. Greg Barber wandered by the shop's Capitol Hill site and reflects on its mission and its connection to chocolate hats. | [ONLINE NOW](#)



FREE RIDE

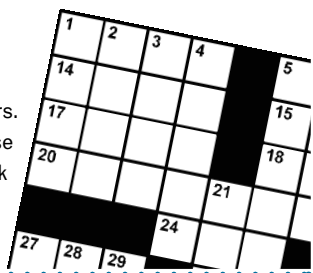
Below the Beltway

Did you fall asleep on Metro while riding to Pentagon City and wake up at the end of the Yellow Line? Welcome to Huntington. Don't hop back on Metro just yet. Rachel Kaufman gives you a brief itinerary for visiting this construction-heavy Alexandria neighborhood. | [COMING UP](#)

GAMES

Calling All Wordsmiths

You obsessively circle misspellings in newspapers. You can't understand how someone would misuse "that" and "which." Take a moment today to work on our online crossword puzzle. Get to it on our home page, bottom left. | [ONLINE NOW](#)



comment board

“Why shouldn't it be? We watch football and hockey (which are both contact sports) and watch people get slammed into turf, glass, ice and each other.”

COMMENTER B. GREENHOW, WHO ADDED, "MIGHT AS WELL SEE PEOPLE MAKE A CAREER OUT OF IT RATHER THAN RUIN THEIR CAREERS."

“Sure, I just hope people don't think what CBS aired Saturday night was representative of real MMA.”

COMMENTER JOHN, WHO ADDED, "THE HEAD-LINING FIGHT OF THE NIGHT WAS BETWEEN AN EX-STREET FIGHTER AND A THIRD-RATE HAS-BEEN."



“Why not?” It was clearly labeled for what it was — no one could have reasonably assumed it wouldn't be violent. It had the little 'mature' V-chip tag so parents could block it out automatically.”

COMMENTER LYRIA, RESPONDING TO MONDAY'S POLL CENTER QUESTION, "IS MIXED MARTIAL ARTS APPROPRIATE TO BE AIRED ON BROADCAST TELEVISION?"

poll center

IS MIXED MARTIAL ARTS APPROPRIATE TO BE AIRED ON BROADCAST TELEVISION?

73%
YES

27%
NO

SEE HOW YOUR METRO STATION VOTED AT [READEXPRESS.COM/POLLCENTER.PHP](http://readexpress.com/pollcenter.php)

Blog LOG

“Thank you, train conductor, for overshooting the platform and just sealing the doors of the first car and continuing on as if nothing happened.”

BLOG.URBANBOHEMIAN.COM DOES NOT APPRECIATE THE WAY THE CONDUCTOR OF TRAIN 4045 HANDLED A MISCALCULATION IN ARRIVAL AT THE U STREET STATION, IE WITH NO EXPLANATION.



“BACK IN THE CAREFREE party days of my sorority life, Mrs. M and I were obsessed with 'Sex and the City.' Actually, my entire sorority and possibly every sorority in the country was obsessed with the show. ... Four years later, I really don't care anymore.”

ADRIENNEROYER.COM WAS NOT ALL THAT PUMPED ABOUT THE "SATC" MOVIE PREMIERE, ADDING, "IN FACT, I REALLY DON'T CARE TO SEE IT IN THE THEATER."

“THIS MORNING I totally Zenned out with my cereal. I've never really meditated before, but, since my cereal suggested it, I gave it a shot — felt great. Then I tried eating the cereal while meditating — could totally feel the difference. Zen cereal review: A+.”

MANWITHFACE.COM IS NOW A FAN OF NATURE'S PATH ORGANIC ZEN CEREAL.

“THE BUSH ADMINISTRATION has been hell on the arts. I saw some seriously bad political paintings depicting all sorts of Revelation-centric images of Bush and Cheney.”

SHANNONSTAMEY.BLOGSPOT.COM SAW SOME INTERESTING IMAGES AT ARTOMATIC.

“Without him, women might never have discovered the glories of pants, and Hillary Clinton would be moping [around] in a loud sarong.”

WONKETTE.COM LAMENTS THE LOSS OF LEGENDARY FASHION DESIGNER YVES SAINT LAURENT, WHO IS CREDITED WITH INVENTING THE WOMEN'S PANTSUIT.



Discussions

Hillary vs. Obama

As primary season comes to a close, Washington Post national political reporter **LOIS ROMANO** was online Monday to discuss the strategies of the remaining candidates.

Am I mistaken, or didn't Bill Clinton assure everyone that Hillary would abide by whatever the DNC decided over the weekend? Now she says she reserves the right to take it to the credentials committee. Why is no one holding her to her promise?

Yes, I believe her camp said she

would abide by it. Your guess is as good as anyone's. HRC has been saying that she's staying in until someone reaches the finish line — which will happen Tuesday. So, we'll see.

Sen. Nelson of Florida impressed me at the DNC rules meeting, but because he's in the Hillary camp, that pretty much excludes him as a possible Obama veep — or does it? Do you think that by reaching out to a Hillary supporter, Obama could help heal the party?

That doesn't exclude him at all. Pretty soon, there will be just one camp as everyone rallies to beat McCain. Obama will select the person he thinks can bring the most to

the ticket and the one with whom he has the most chemistry. At that point, who was in what camp simply won't matter.

I don't understand why Clinton, McCain and pundits slight the rhetorical skill of Obama with offhand remarks about speeches not mattering.

Obama will have to consistently put forth policy positions, but it's hard for voters to grasp a line of attack that dismisses someone who inspires.

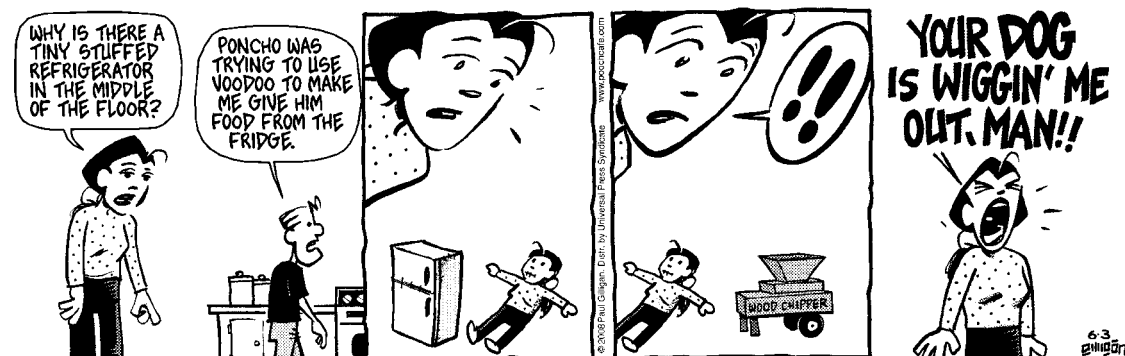
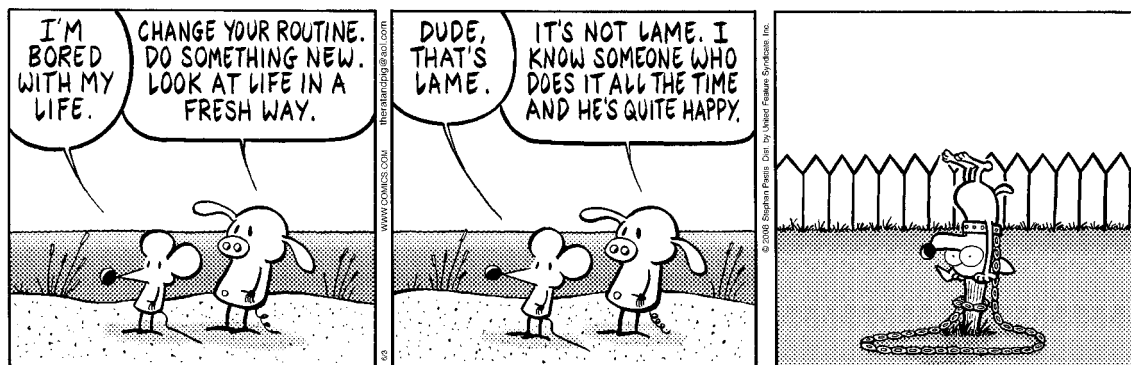
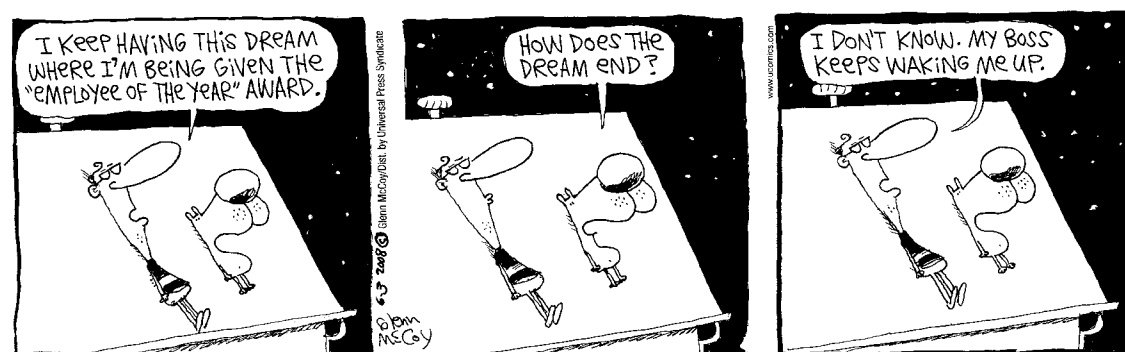
TODAY ON DISCUSSIONS: Tim Shorrock discusses his book "Spies for Hire," about the use of private contractors by U.S. intelligence agencies, at 3 p.m. | washingtonpost.com/discussions.

DO

GET BACK ON THE TRAIL, MONTGOMERY COUNTY. Montgomery County has reopened a hiking trail in Rock Creek Regional Park now that repairs have been completed on nearby Lake Needwood Dam. The Westside Trail was closed for several months as the Department of Parks repaired the dam.

Bizarro | Dan Piraro

Cornered | Mike Baldwin

Pooch Cafe | Paul Gilligan

Pearls Before Swine | Stephan Pastis

The Duplex | Glenn McCoy


Horoscope

By Stella Wilder

GEMINI (May 21-June 20) You'll find yourself more willing to do what you can for others — despite your continued interest in a current key endeavor of your own.

CANCER (June 21-July 22) Take the time to finish a project that has been lying dormant. You will feel a great sense of accomplishment and relief when it's finally done.

LEO (July 23-Aug. 22) This is a good day to entertain notions that you've usually dismissed without a thought. Try experimenting with this new way of thinking.

VIRGO (Aug. 23-Sept. 22) You can be quite productive, even while tending to the needs of those who are currently dependent upon you. Do much with little.

LIBRA (Sept. 23-Oct. 22) You know how to get what you want, and you know that you can do it if you apply yourself; take that first big step.

SCORPIO (Oct. 23-Nov. 21) Your indepen-

dent manner will win you both admiration and criticism. It is up to you to carry yourself well.

SAGITTARIUS (Nov. 22-Dec. 21) Keep your wits about you, and be sure that you take in all information before setting yourself free and trusting in fate.

CAPRICORN (Dec. 22-Jan. 19) Someone may be trying to unload a great deal of unwanted baggage on you. You'll know where to draw the line — and you must do so.

AQUARIUS (Jan. 20-Feb. 18) Stay in touch with that voice in the back of your head that tells you what to do when your conscious thoughts are in a jumble.

PISCES (Feb. 19-March 20) You can rise above your own fears and apprehensions, and in the process negate those of the people around you and foster trust and confidence.

ARIES (March 21-April 19) You mustn't try to proceed prematurely — or too quickly, either. There is a natural, organic pace you must be willing to adopt.

TAURUS (April 20-May 20) You will want to avoid high costs, and concentrate on saving money and using all available resources economically.

Letters

In Love With 'Swine'

I ABSOLUTELY LOVE "Pearls before Swine"! The comic strip makes me laugh out loud. I know people

on the Metro give me funny looks, but I don't care. I am so glad Express is running this comic strip. I can't start my workday without reading it. Please keep it in the paper for a long time to come!

—KRISTIN HOLLAND
Washington, D.C.

WRITE TO EXPRESS: Include name, hometown and telephone number. Submissions may be edited. E-mail to inbox@readexpress.com or mail to Express Letters, PO Box 17370, Arlington, VA 22216.

Today in History

1808 Jefferson Davis, the only president of the Confederate States of America, is born in Christian County, Ky.

1963 Pope John XXIII dies at age 81; he was succeeded by Pope Paul VI.

1965 Astronaut Ed White becomes the first American to "walk" in space, during the flight of Gemini 4.

1968 Pop artist Andy Warhol is shot and critically wounded in his New York film studio by Valerie Solanas, an actress and self-styled militant feminist.

1989 Iran's spiritual leader, Ayatollah Ruhollah



Paris Hilton went to jail a year ago today.

Khomeini, dies.

2003 Chicago Cubs slugger Sammy Sosa is ejected after umpires find cork in his shattered bat.

2007 After attending the MTV Movie Awards, Paris Hilton reports to jail to serve a 45-day sentence for a probation violation in an alcohol-related reckless driving case.



SALAHMALKAWI/GETTY IMAGES

Goggles are the hot new eye wear.

PUNISHMENT

Uma Now Auditioning Creepy Men for New Stalker

A Manhattan judge has sentenced a former mental patient to three years of probation for stalking and harassing **UMA THURMAN**. Jack Jordan will serve the probation in his home state of Maryland, with the condition that he receive psychiatric treatment. An out-of-work lifeguard and pool cleaner, Jordan was convicted on May 6. Testimony showed he subjected Thurman to a barrage of frightening advances. (AP)

HISTORY

If You're Not Over 40, Don't Bother Reading This

TATUM O'NEAL was released without bail Monday after being arrested on suspicion of possessing cocaine in

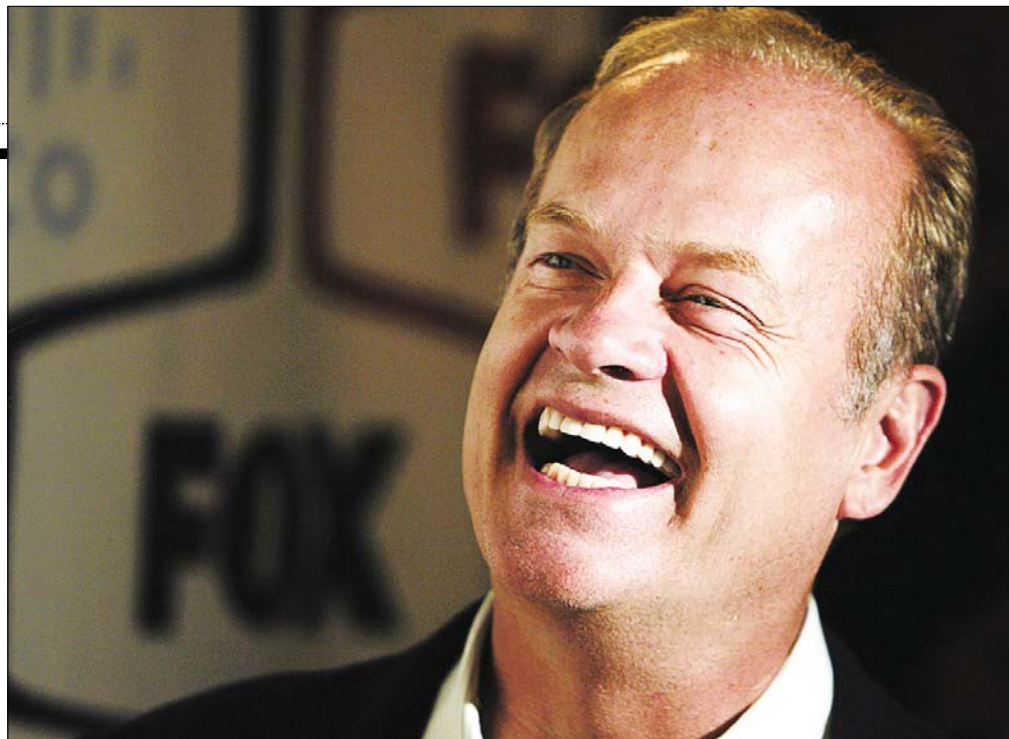


Manhattan. The actress, 44, said nothing as she was arraigned on a misdemeanor charge of possession of a controlled substance. She entered no plea. O'Neal, daughter of Ryan O'Neal, was 10 when she won an Academy Award for best supporting actress for 1973's "Paper Moon." She is the youngest person ever to win an Oscar. (AP)

AILING

He's OK, Everyone

A spokesman for **KELSEY GRAMMER** says the "Frasier" star is recovering in a Hawaii hospital after a mild heart attack this weekend. Stan Rosenfield says Grammer is "resting comfortably" in an undisclosed hospital after being stricken Saturday. Rosenfield says the 53-year-old actor will be released early this week. Grammer was paddleboarding with his wife, Camille, when he experienced symptoms. (AP)



MATT SAYLES/AP



KEVIN WINTER/GETTY IMAGES

HIJINKS

Joke Even Less Funny Once Origins Revealed

Early on at the MTV Movie Awards, **SETH ROGEN** and **JAMES FRANCO** took the podium to present the award for best summer movie so far, joking that MTV chose them because only "two potheads like us" would be willing to announce such a strange category. Then they pulled out a bag of "fake weed" and a "huge fatty joint" — and proceeded to light it. The cameras pulled to an extremely wide angle, and stayed that way until Rogen and Franco left the stage. Backstage, Franco said that MTV put them up to the joke. (AP)

REGRESSION

Rehab Reverts Singer Into Sixth-Grade Girl

AMY WINEHOUSE gave her jailed husband loving glances when he appeared in an east London court on charges of assault and conspiracy to obstruct justice. Winehouse sat in the front row during Blake Fielder-Civil's appearance on Monday. The 24-year-old singer smiled at him repeatedly and pat-



ted the empty seat next to her. At one point, she mouthed the words, "Come and sit here next to me." She gave a handwritten note to a court official and asked him to deliver it to Fielder-Civil. No one could see what she had written. Winehouse told spectators outside the court that her husband looked gorgeous. (AP)

TRANSLATION

'I May Be Divorced, but At Least I Didn't Shotgun It'

"She'll be amazing, absolutely amazing," **JESSICA SIMPSON** told People.com about sister Ashlee's future as a mom. "They're just the cutest couple in the world," she said of Ashlee and Pete Wentz. "Anybody would wish to be them. ... Just being around them inspires love and everything I sing about." (EXPRESS)



COURTESY OF DIRECTV

Ashlee may have a husband, a baby and a career, but Jessica has hair extensions.

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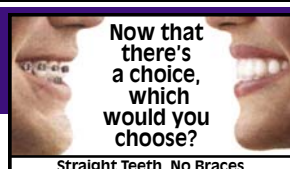
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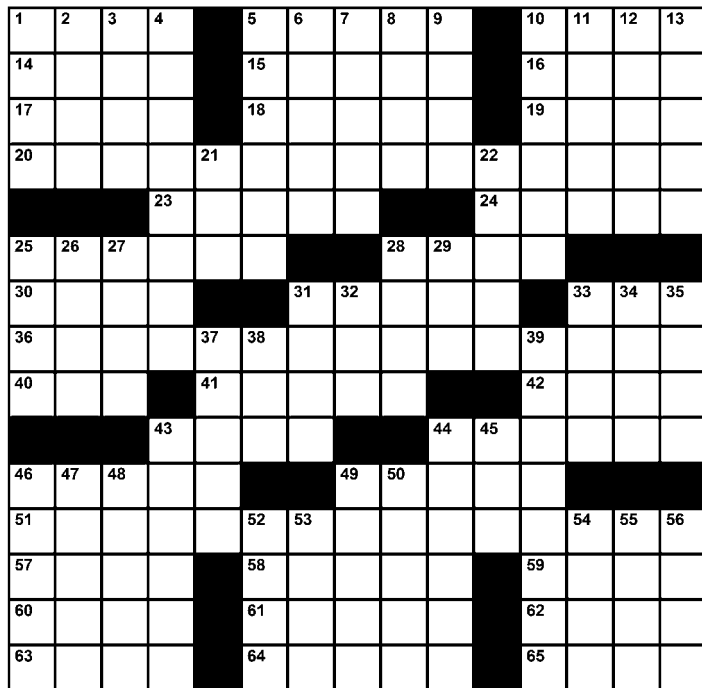
ACROSS

1 Squalid urban area
5 Catches some rays
10 Regarding, in memos
14 Strauss of jeans
15 "Wheel of Fortune" category
16 Jorja's "CSI" role
17 Several Monopoly props.
18 Columbus' birthplace
19 Agitated condition
20 Just made it ...
23 Parson's residence
24 "Egads!"
25 Synagogue scrolls
28 Banana danger
30 Strikes dumb
31 "... say, and not ..."
32 "Fuhged-daboudit!"
36 Just made it ...
40 Infamous acid
41 "And that's ____" ("Believe you me")
42 "Are you ____ out?" (poker query)
43 Cleans one's plate
44 What born losers don't seem to get
46 Acknowledge a stimulus
49 Boyfriends
51 Just made it ...
57 Insect repellent?
58 "Absolutely Fabulous" role
59 You might stick a knife in it

60 Sharon's cop-show co-star
61 Type of wave
62 Someone usually brings it up
63 Some Samuel Adams products
64 "This is ____ of the emergency ..."
65 Network owned by Disney

DOWN

1 A house may be built on it
2 Impose, as a tax
3 Choroid coat location
4 Hodge-podge
5 Gets started
6 Affirms
7 Have a feeling about
8 Door or drawer doodad
9 General acquisition?
10 Lace into
11 Dow cousin, briefly
12 Not novel
13 Wedding promises
21 Open-wide word
22 "____ newt" ("Macbeth")
25 Mermaid feature
26 Isn't just a licensee
27 Out to pasture, perhaps (Abbr.)
28 Diving maneuver or freshwater fish
29 Tokyo's old name
31 "Good for what



EDITED BY TIMOTHY E. PARKER

____ ya"

32 ____-fi

33 Simone of jazz

34 Frantic way to run

35 For the missus

37 Related maternally

38 End of Ripley's slogan

39 1-1, for one

43 Alpine sounds

44 Black rock

45 Bitter herb

46 Bob Marley, for one

47 Type of alcohol

48 Perform penance

49 Single bonus?

50 Gas burners

52 "____ smile be your umbrella"

53 Access for a collier

54 "Blood and Sand" accolades

55 Ebb's relative

56 Michael of "Star Trek: Deep Space Nine"

Yesterday's Solution



SUDOKU | MEDIUM

Fill in the boxes so each row, column and 3-by-3 square includes the digits 1 through 9. See www.sudoku.com for solution, tips and computer program.

Need more Su/doku?

Find another Sudoku puzzle in the Comics section of the Post every Sunday and in the Style section Monday through Saturday.

Yesterday's Solution

9	1	5	8	4	6	3	7	2
4	7	8	1	2	3	6	9	5
3	2	6	7	9	5	1	4	8
8	4	3	6	5	1	7	2	9
7	9	1	3	8	2	4	5	6
5	6	2	9	7	4	8	1	3
2	8	4	5	6	7	9	3	1
1	5	9	4	3	8	2	6	7
6	3	7	2	1	9	5	8	4

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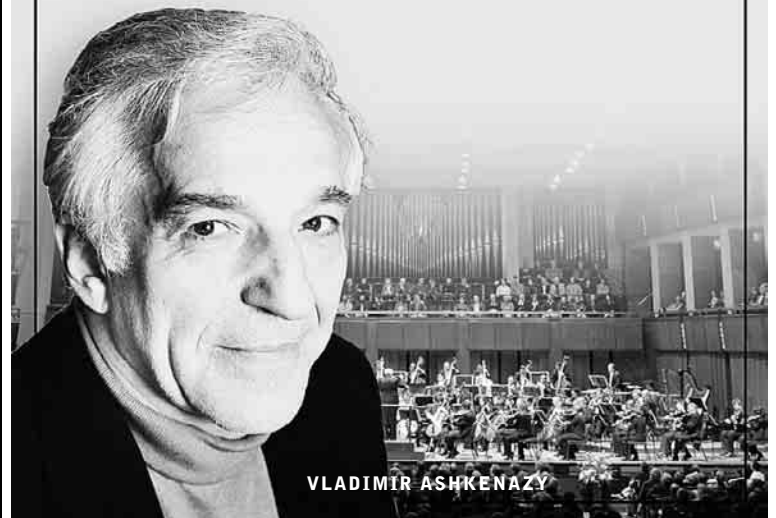
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Smart meals can't stop just because it's Saturday night **E8**

When working out solo, keep these trainer tips in mind

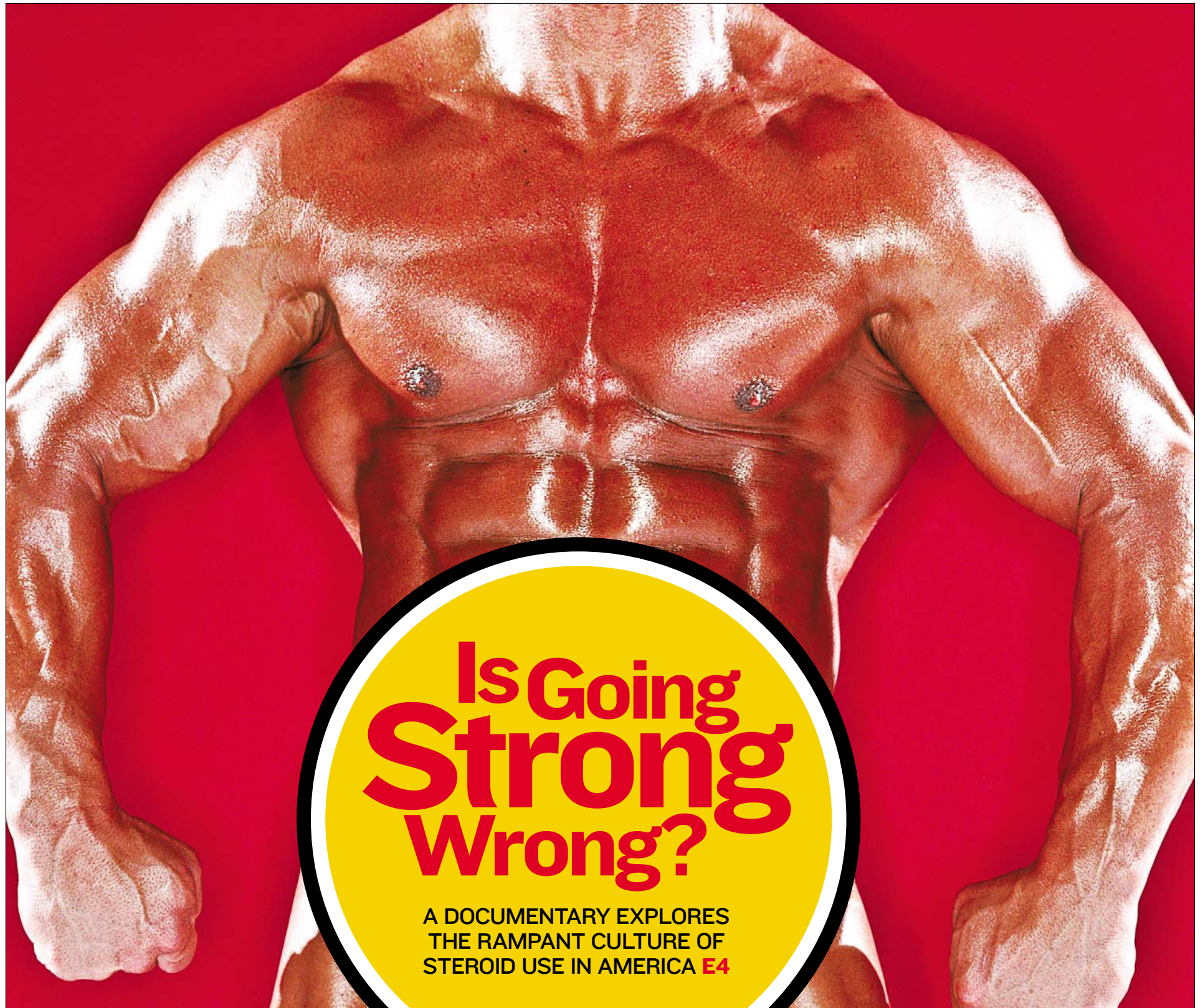
E7



How to decode the big words on your shampoo label **E9**

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Is Going Strong Wrong?

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Lots of Shes, But Only One He Involved

Q I have been dating this man on and off for the last two years, and I recently found out he has been seeing another woman, who was unaware of me. Upon her finding out, I have been put in a very awkward situation because I am forced to acknowledge that I knew he dated other people. But I was always told they were not committed either! All of a sudden, I'm being made out to be a home-wrecker. Should I contact his "friend" and explain or just continue to let her bad-mouth me? I must admit I am very much in love with this man and don't feel as if what we were doing was wrong, since we were not in a committed relationship and neither were they. — SHE SPEAKS

So. The "she" might be speaking, but where's the "he" in all of this?

It's not your duty to play apologist for your boyfriend's behavior,



ERIC REECE

whether it's on the up-and-up or as shady as an R. Kelly home video. In fact, I am pretty confused about why you'd even have to defend yourself to this woman — are you all getting together for fondue? And if it's your boyfriend telling you that she's bad-mouthing you, then isn't it sort of like he's bad-mouthing you himself?

The facts as I see them: You're

in love with a man from whom you won't demand monogamy, but somehow you're left cleaning up his non-monogamist mess without his help. You're upset that you're perceived badly, but it's because of his behavior. Forgive me that I can't figure out why this has become your problem.

You have to decide what you want and what price you're willing

to pay. If you're going to continue not to ask for commitment, then you must realize that that comes with the price of his other women possibly being less than comfy with the situation. And your heartburn can be decreased only by his participating in the damage control — it's him to whom you need to explain your position, not his other woman. Finally, you must face the additional price of your situation: When you're "very much in love" with someone, at some point it's not his other girlfriend's bad-mouthing you that will hurt most — it's the fact that there's another girlfriend at all.

Wedding Envy Or Even More?

Q I'm still friends with my ex's best friend. He recently let it spill that my ex got married over the weekend. (It ended badly between us, but I still think fondly of him.) The ex's best friend even showed me some photos of the wedding, and it sort of hurt, as I am still single. We are both over each other, and he found a better woman, but why do I still have feelings of jealousy over this? — NOT QUITE SURE

Having smidges of jealousy when someone who used to love you is now avowing his love to someone else — complete with pew bows and an Earth, Wind and Fire cover band — is completely understandable. It's especially hard when you haven't found someone who makes you glad you dodged that particular bullet.

I wonder whether there's something deeper here, though, only because you're so certain that his new wife must be a "better woman," and how there seems to be a disconnect between how you feel about your ex (fondly) and how things ended (not so fondly). Insecurity and low self-esteem are jealousy's meat and potatoes, and my guess is that your envy is enjoying quite the feast. Talking over some of these feelings with a therapist would help you take stock of where the holes might be in your self-image and whether there's something about that particular relationship that did some of the damage — or if you're just particularly sensitive to talk of garter tosses.

@ Send your mental health and emotional wellness questions to Andrea Bonior, Ph.D., at baggage@readexpress.com. This column is not a substitute for one-on-one care.

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LIGHT BRIGHT



Here's one way to ward off attackers while you're running at night: Blind 'em. Reebok's lighted hat (\$28, Dickssportinggoods.com) comes with two powerful LEDs built into the rim—seriously, miners could use this thing. And in case you're somehow still feeling left in the dark, the lightweight headgear's design also boasts some reflective material.

HIGH FI-BAR



"A 'Regular' way to start your day," state the wrappers of Nana "O" Mega-Fiber Cookie Bars (\$33 per case, Nanascookiecompany.com). With 5 grams of fiber per bar, it's true. Our favorite of the omega 3- and 9-packed snacks was Vanilla Toasted Almond; chocolate, apple and peanut butter were tasty, but in a wholesome way, not a dessert way.

SPICE UP DINNER

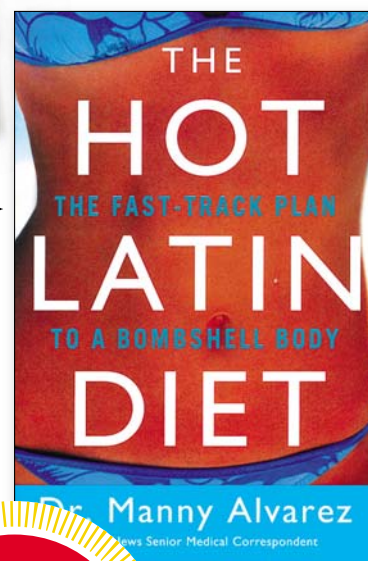


Rice cakes aren't part of "The Hot Latin Diet" (\$24, Celebra) by Manny Alvarez. Instead, he raves about the seven Latin power foods: tomatillos, garbanzo beans, avocados, garlic, cinnamon, chiles and cilantro. The tips are intuitive (pay attention to portion size, etc.), but the recipes make it worth a read.

SWEET DREAMS



So, childhood levels of obesity seem to be plateauing, but keep it that way with subliminal messages in your child's sleep wear. New Jammies is making sure wee ones get an extra serving of fruits and veggies each night with patterns featuring carrots, peas, apples and tangerines (shown, \$35, Newjammies.com). You'll feel good about the organic cotton material, too.



GUINEA PIG



Wrinkle Zapper

■ Mysleekblacktubes of Dermalastyl-m (Dermalastyl-m.com) aftershave lotion (\$49) and under-eye cream (\$14) have arrived. "They'll erase fine lines and prevent new ones," I tell a co-worker. She's puzzled: "Men worry about wrinkles?" The makers of Dermalastyl-m sure hope so. Its magic ingredient is a synthetic version of elastin, the protein your body makes that keeps skin stretchy. Production halts at age 12 or so.

I applied the soothing lotions for a week, just to my right side. The after-shave made my skin tingle in an additively refreshing way, but my right side looked as old as my left. Turns out my time frame was off. Company president Burt Ensley, a molecular biologist, ran a 12-week study: Four out of five women using a product with elastin got smoother skin, as measured by a machine that assesses ball-bearing smoothness. If that's not scientific, I don't know what is! Rational me is a skeptic. But vain me will do anything to avoid turning into Keith Richards. MARC SILVER



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THE MISFITS

Lucky Numbers

Q I've heard many recommendations to try to walk 10,000 steps per day. I usually meet or exceed the target. But most of my steps are at a normal walking pace — just to get wherever I'm going. What I usually don't manage is 30 minutes of exercise per day. The 10,000 steps can't be the same thing as 30 minutes of exercise per day. How do these fit together? —KAREN

■ It's time you and I had the talk. About guidelines. When a government loves its citizens very much, it offers them advice in the form of easy-to-remember numbers. But while these suggestions are helpful starting points, their value depends on the individual needs of the person. So, how do all of these recommendations fit together? In you.

Those 10,000 steps are a terrific indicator that you're getting more activity than the average person and warding off disease in the process, says Melissa Johnson, executive director of the President's Council on Physical Fitness and Sports. In fact, she wouldn't even have true exercise newbies go that far. "We want to encourage sedentary people, and that figure could be daunting," she says. The council's baseline recommendation, therefore, is actually 8,500 steps per day. That's the 5,000 most people rack up in the course of a day with an extra 3,500 tacked on from a half-hour of brisk walking.

In other words, the 30-minutes-per-day exercise standard can be part of the 10,000-steps goal as long as you're moving quickly enough to raise your heart rate. And it doesn't have to be done in one chunk. "Bouts of 10 to 15 minutes are great," Johnson adds. So, if your main concern is merely meeting these two standards, just put a bit more spring into your step during longer treks.

But that covers only the guidelines, not your personal goals. If it's weight loss you're after, you'll want to exceed those numbers.

@ Vicky Hallett is one of the MisFits, the fitness team for The Washington Post's Health section. Find more of her answers to reader questions on page F3 of The Post every other Tuesday, alternating with personal training insights from her gym buddy, Howard Schneider. Contact The MisFits at misfits@washingtonpost.com.



Is It Muscle Madness?

A new movie takes a balanced look at America's steroid culture

Chris Bell was always the runt among his two hulking brothers. And it didn't help that in addition to their genetic advantages, the two of them were on steroids — one to further his weight-lifting pursuits and the other to break into the world of pro wrestling.

But Bell wasn't into injecting himself to play catch-up. "My preconceived notion was that steroid use was this crazy behavior," he says.

His mom and dad agreed, and this family framework provides a jumping-off point for Bell's documentary, "Bigger, Stronger, Faster*:

The Side Effects of Being American," which opens Friday. The movie explores the nation's infatuation with being pumped up, from pop-culture icons like Rambo to average gym rats looking to inflate their biceps. And, of course, he examines the world of professional athletics, in which juicing often appears necessary to compete.

Bell maintains that his goal wasn't to judge steroid use but rather "to hold a mirror up to society." But in the process, he often provides a point of view not seen much in mainstream media: Maybe steroids aren't so bad.

It's not that the drugs don't cause some nasty side effects — the movie readily acknowledges that users find that their testicles shrink, their skin breaks out in acne and their body hair resembles that of a monkey.

However, some of the other claims about steroids get a more skeptical reaction. "The media has been presenting a snowballed version of the truth," he says.

There's the case of Lyle Alzado, the NFL star who publicly blamed his years of steroid use for the brain tumor that eventually killed him in 1992. And there's "roid rage," the widespread explanation for why wrestler Chris Benoit murdered his wife and son before committing suicide last year.

To counter these claims, Bell presents several experts — most notably, Charles Yesalis, an exercise and sport science professor from Penn State. Although he's spent much of his career studying the effects of steroids in athletes (and trying to prevent their use among teens), Yesalis says steroids get an

unnecessarily bad rap. "Scapegoat is a highly appropriate term," he says. "It's a sensational topic."

After all, he says, alcohol is legal but leads to aggressive behavior and can have equally devastating side effects. "And if my kid gave me a choice of experimenting with cigarettes or steroids, I'd get him ste-

JUICY DETAILS

→ Although athletes use all kinds of performance-enhancing tricks (including the increasingly popular HGH), steroids technically refer only to anabolic steroids, a derivative of testosterone. There are legitimate medical uses for steroids, but they require a doctor's prescription.

roids," he says. "We've never done a long-term epidemiological study of steroids, but from everything I understand, I wouldn't refer to them as killer drugs."

As for why a study has never been done, don't complain to Yesalis. He's applied repeatedly for grant money and been turned down every time. The upshot of that is folks know how effective steroids are ("They'll take you to places you can't get to naturally, no matter how hard you work," Yesalis says) but not really how dangerous they are. "This absence of evidence has not been helpful when putting together prevention programs," he notes.

On the other side of the issue is Gary Wadler, an internist with an expertise in drug abuse in sports, whom the movie presents as its anti-steroids zealot. And, indeed, he thinks there has been enough scientifically proven evidence of organ damage and psychological harm from steroids that it would be irresponsible to consider the tests Yesalis is advocating.

"Although a purist may say, 'Can you prove it?,' some things you don't need to prove," he says, especially when the drugs aren't being used for medicinal purposes. "Drugs are to treat and prevent diseases, not to make you a better athlete."

The problem is that, indeed, steroids do help pros become better athletes, he says. "Knowing how much money is involved, they take chances," he adds. "But some are playing Russian roulette." And that's one game where steroids probably don't give you an advantage.

VICKY HALLETT (EXPRESS)

Something Wicket This Way Comes

Extreme croquet reinvents the lawn game at unusual locales

Abby Boettger knew her ball was in danger of getting thwacked into bug-infested, overgrown bushes on a recent Saturday, and she kind of liked it.

"All's fair in war and croquet — wait, they're the same thing," opined the 26-year-old mallet-wielding leader of D.C.'s Extreme Croquet club.

So, it was fitting that the gang was playing its favorite sport in the wilds of Fort Marcy, a Civil War remnant off the George Washington Memorial Parkway that still boasts a cannon.

As far as extreme sports go, this variant of the lawn game is on the tamer side. Players are more likely to get their shoes muddy than break a bone. But they earn the "extreme" label by placing their wickets in unlikely locations — such as the aforementioned Fort Marcy, where balls have a tendency to keep getting knocked down a hill ("It's trench warfare here," noted Ted Westervelt, 35).

Even the National Mall, with its fairly level conditions, can qualify as extreme because clueless tourists become part of the course. The most critical rule of the game is that the ball must be played wherever it lies, whether that's through a mob of obnoxious Close Up Foundation kids or across a stream in a more rustic location. And they play year-



WICKET FUN: Abby Boettger, center, discusses strategy before a tricky shot in the midst of an extreme croquet match.

round in all kinds of weather, from snow to sweltering heat.

For Westervelt, who's been playing for a few years (first in a now-defunct club with Boettger, and now with this new one, which she started in February), the appeal is that "it's not so serious." Oh, and that he's good at it, too.

Since it falls halfway between game and sport, and most people

associate it with either the nut-job queen in "Alice in Wonderland" or the Winona Ryder-Christian Slater sex scene in "Heathers," it's hard to take it personally if someone decides to hit you into another time zone with either a "send" or a "roquet." (The former is when the person sits his ball next to yours, places one foot on it and gives it a smack. The latter is when the person hits both balls in one direction,

presumably the opposite of where you intended yours to go.)

But the regulars know what they're doing, so they don't take strategy lightly, and they carefully study the terrain. Leigh Aldrich, 26, who ended up triumphing during that Fort Marcy match, helpfully pointed out some of her technique points to the baby seals: "You're going to have to hit hard

because the grass is so thick."

And just what is a baby seal? Those are new players, the ones who are, as Boettger says, "easy to kill."

“All's fair in war and croquet — wait, they're the same thing.”

They don't seem to mind, though. Vinita Bhaskar, 23, who found the group through Craigslist, just enjoyed meeting new people at Fort Marcy even as she (and a few other newbies) struggled several wickets behind the regular crew. And David McDonalds, 25, another first-timer, was impressed that the event lived up to its name: "That hill is the most extreme hill I've ever seen."

The other allure, of course, is that it's free. Boettger and a few other regulars bring along their own equipment, and they're happy to share. "I would have a set regardless, and, really, it's not like I can play croquet by myself," she says.

In fact, if she has her way, a lot more folks will be playing. Boettger's goal for the summer is to throw "The Maul on the Mall Croquet Battle Royale." "It'll all be one big game fight to the death that'll take eight hours," she proclaims.

Sounds like time to brush up on your mallet moves. To get on the club's mailing list, e-mail Boettger at Dcextremecroquet@gmail.com.

VICKY HALLETT (EXPRESS)



BODY TALK

The Power of One

■ When Beryl Bender Birch first started teaching yoga in the 1970s — to skiers in Colorado and then to hardcore runners in New York — she never called it "yoga." That is, until she had a dream one night. "The name 'Power Yoga' came to me," she recalls. "It was a good way to let Western minds know that this is a workout. People didn't know it was a kick-ass workout." The name has been co-opted by other folks since. "It's used by so many different people, you don't know if it'll be poses or jumping jacks. It isn't clear what it means," she says.

But to Birch, the physical component of power yoga is a combination of the strenuous ashtanga practice with a dose of the alignment found in Iyengar. It's a regimen that's ideal for athletes, who she believes need an "active, hot, sweaty practice, because a little stretching won't undo the tightness in their bodies." And it "works out the kinks" for golfers, tennis players and anyone else who needs



Birch hopes to take you beyond asana.

to balance their bodies so they're less prone to injury.

Curious Washingtonians can try it out at one of her workshops this Friday and Saturday at Georgetown Yoga (1053 31st St. NW; 202-342-7779; Georgetownyoga.com). Although the three sessions (\$60-\$75 each) have different themes, she has the same aim for all her students: "My mission is to create spiritual revolutionaries and get them out into the community. If your yoga isn't making you a better person, it's not working." v.h.



It's a good thing the Capital Rowing Club decided to host three free Learn-to-Row days this year — the first one, scheduled for April, was rained out. Take two is this Saturday from 1 p.m. to 4 p.m. Let's hope the weather is more cooperative for sharing the love of sculling skills. No need to register. Just be sure to wear athletic clothing (and socks!) if you decide to head to the Anacostia Boathouse at 1105 O St. SE. For more info, see Capitalrowing.org.

A photograph of a woman's legs from the knee down, wearing a white, fringed dress. She is standing on a sandy beach with the ocean and a clear blue sky in the background. Her right hand is visible, holding a small ring.

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Solo Mojo

Become your own personal trainer by following these 5 insider tricks

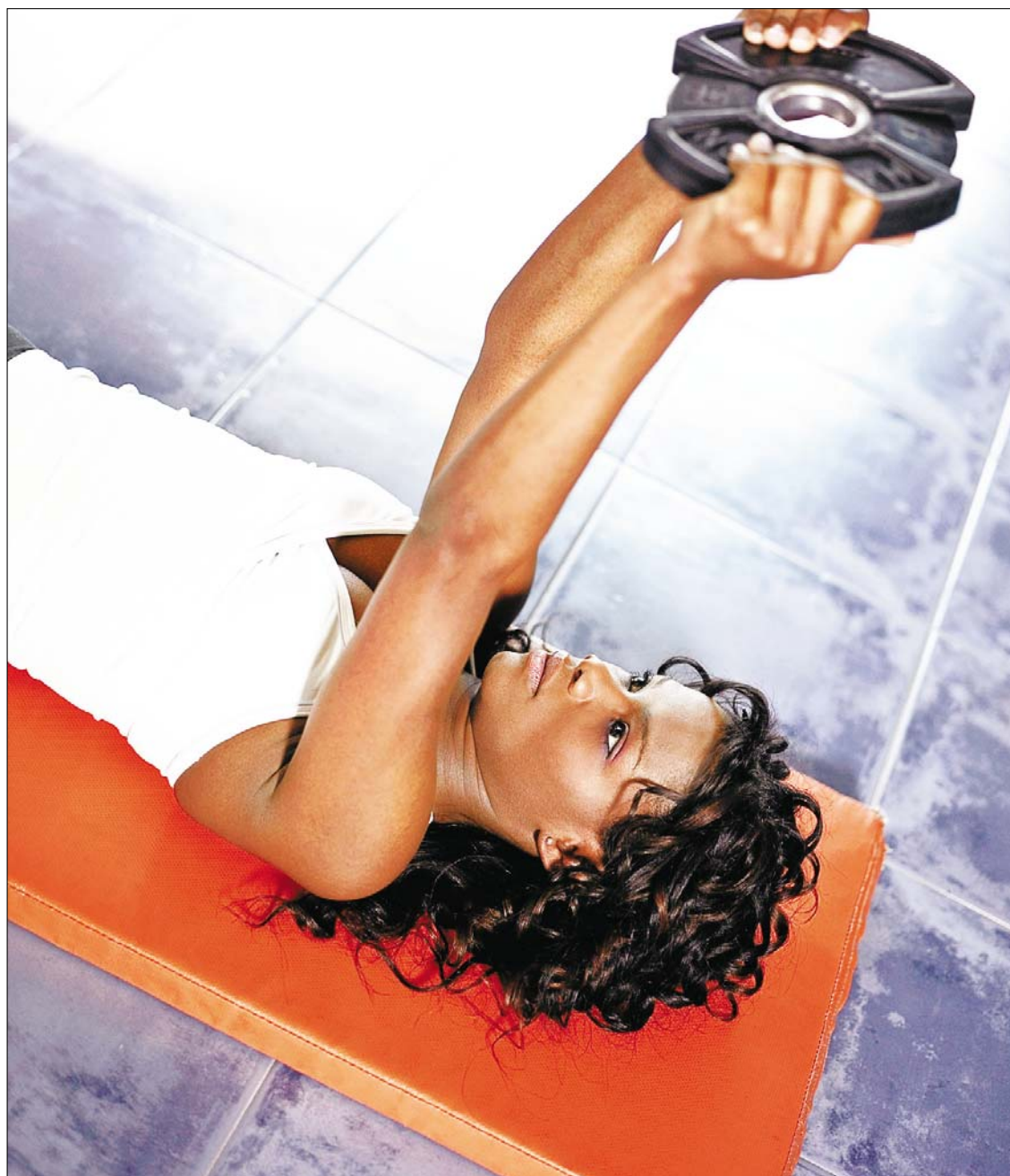
A good trainer holds a wealth of knowledge. Unfortunately, your bank account doesn't necessarily hold a wealth of, well, wealth. To make sure your fitness doesn't pay the price, we asked experts across the country for their best tips for landing big results in the gym — when there's no clipboard-happy trainer. Apply this know-how during your next solo session.

1. DON'T BE LAZY

When you can do 12 reps of a move with perfect form for two workouts in a row, it's time to increase the amount you're lifting by 5 percent, says Wayne Westcott, author of "Get Stronger, Feel Younger."

2. DON'T BE LAZY, PART II

Last year, researchers at Stanford University found that people who received automated exercise reminders by phone were about as likely to go to the gym as people who had real-life trainers harassing them. Keep yourself honest by registering for prodding e-mails from Hassleme.co.uk. Plug in your e-mail address, how often you want to be nudged, and a direct order ("Get to the gym! Now! Love, Your Incredibly Skimpily Bikini").



NICE AND EASY: Slow lifting might not look impressive, but you'll activate more muscle fibers if you decelerate your speed.

3. TAKE IT SLOW

Chances are, you're lifting too fast, says Gloria Bender, a personal trainer at Powerhouse Gym in Santa Clar-

ita, Calif. Research from the South Shore YMCA in Quincy, Mass., found that lifting weights slowly (10 seconds up and four seconds down)

activates more muscle fibers than hoisting a weight as fast as you can. Why? When you lift quickly, you use momentum, not muscles.

4. BE EFFICIENT

Trainers usually have, at most, 60 minutes with clients two to three times per week, so they have to make the most of every workout. Remember this secret: Build interval training into your strength routine, says Rachel Cosgrove, owner of Results Fitness in Newhall, Calif. Hop on the treadmill between sets of strength exercises and do two to three minutes of intense cardio —

“You’ll know if your form is off [if you stand by a mirror].”

increase the incline for resistance and go as hard as you can. Then go back to the weights. Repeat four to seven times. In 2005, researchers at McMaster University in Ontario found that 30 minutes of cardio intervals done three times per week increased aerobic capacity by almost 10 percent over two weeks.

5. CHECK YOURSELF OUT

Stand in front of a mirror. “This provides instant feedback; you’ll know if your form is off, which is what a trainer would tell you,” says Carla Sottovia, a senior personal trainer at Dallas’ Cooper Fitness Center. Look for these common mistakes: not keeping your neck in line with your spine and letting knees jut out past your toes when doing squats. Another mirror plus: A 2001 study at the University of Illinois at Urbana-Champaign found that seeing yourself sweat can give the boost you need to eke out another rep. (REPRINTED WITH PERMISSION OF WOMEN’S HEALTH MAGAZINE © RODALE INC.)



TRAIL BLAZER

Biking in Your Birthday Suit?

■ Irked by those freakish half-hamstring tan lines from your spandex shorts? Here's a thought: Don't wear 'em! Head to the Vermont Avenue side of McPherson Square this Saturday at 4 p.m. to participate in the third annual **WORLD NAKED BIKE RIDE D.C.** (Wnbr-dc.org). The event is part of a worldwide, grassroots movement (Worldnakedbikeride.org) that aims to draw attention to oil dependency. It's no coincidence that the mile-long loop pedals by the Capitol and the White House.

D.C. event organizer Roger (who asked that his last name be withheld) anticipates 100 riders this year, ages 20 to 60. Despite the ride's moniker, Roger doesn't advise going with the full monty. “I'm not in the stage of my life where I really want to chance going to jail,” says the 52-year-old, acknowledging buff biking may get one arrested for public exposure. His choice? “I wore a tiny sack,” he says. He says as long as a person's privates are kept private, one isn't considered naked. (But even with a



Cyclists who dared to be bare in 2007.

sock or thong covering one's itty bits, the momentum from pedaling might reveal your illegal yoo-hoo.) Of the 20 riders who attended last year, half wore shorts and shirts, while others opted for Speedos and thongs. Isn't that a bum bruiser? “Unless you have a really tender bottom,” Roger says, “it won't be a problem.”

Too modest for that? Try the **ARLINGTON AND ALEXANDRIA COMMUNITY BIKE RIDE** (8 a.m., Waba.org) in Crystal City. And you needn't bare your booty. KRIS CORONADO (EXPRESS)



→ Tired of schlepping into Georgetown or across the river to get your high-end fitness wear, MoCo folks? You're in luck: Lululemon Athletica, land of the fancy yoga pants, is opening this Friday at 4856 Bethesda Ave. at 10 a.m. Saturday's grand opening festivities begin with a free yoga class at 9 a.m. followed by demos and face painting. Find out more at Lululemon.com. (The Canadian retailer plans to have a store in Logan Circle by this fall. So, stay tuned.)

HOTSTUFF



ISTOCK

Against the Grain

■ Gluten is not so popular these days — the wheat-based protein is said to trigger everything from bloating to celiac disease. So, pass over those amber waves of grain with these products.

ALTIPLANO GOLD NATURAL INSTANT QUINOA CEREAL

As thick and hearty as oatmeal, this cereal also has a flaky texture that comes from protein-filled quinoa (and twice the iron and three times the fiber of regular packeted porridge). \$9 for 12 pouches, Altiplanogold.com

ENJOY LIFE FOODS SUNBUTTER CRUNCH SNACK BAR

This is like biting into a peanut butter bar, but it's crunchier, thanks to bursts of crispy brown rice and sunflower-seed butter. \$4.30 for 5 bars, Enjoylifefoods.com

AMY'S KITCHEN SINGLE SERVE GF RICE CRUST PIZZA

The rice crust bakes to a perfect mix of doughy and crispy. \$4, Amyskitchen.com

BIONATURAE GLUTEN-FREE SPAGHETTI

Made from rice, soy and potato, it's less dense than the regular stuff, but every al-dente bite still soaks up tomato sauce. \$4.50, Bionaturae.com

MARIPOSA BAKERY TRIPLE CHOCOLATE TRUFFLE BROWNIES

Made with organic brown rice flour and award-winning Guittard chocolate, this is one of the most heavenly brownies you'll ever inhale. \$2.50–\$2.75 each, Mariposabaking.com (REPRINTED WITH PERMISSION OF WOMEN'S HEALTH MAGAZINE © RODALE INC.)

Diets Weaken on Weekends

But to keep off the weight, you really need to pay attention all week

There's something about weekends that sends caution (and calories) to the wind. Even if your workweek is all about smart snacks and sensible dinners, for many of us, all weight loss bets are off come 5 p.m. Friday, says clinical psychologist Robert Maurer, author of "One Small Step Can Change Your Life." "It's almost like a dam bursting," he says. A University of North Carolina at Chapel Hill study revealed that adults take in an extra 222 calories — nearly 15 percent of the number of calories an average woman needs each day — over the course of the weekend (including Friday).

Of course you want to live a little on the weekend, but if you're trying for weight loss, or even just to keep the scale steady, you have to maintain a certain level of vigilance. Here's how to rethink your weekend habits so you'll lose weight all week.

WEEKEND THINK This week was tough; I deserve to splurge.

HEALTHIER SPURGE Splurge with extra savvy. The need for a reward is human nature, says Stephen Gullo, author of "The Thin Commandments Diet." And for many, that "something special" is food. You can't change what makes you happy, but you can minimize the diet damage. Choose one portion-controlled item that requires you to leave the house, such as a small, fresh pastry from the bakery. "It's more rewarding to have a nice treat than to waste calories on regular things you can have anytime, like potato chips or cookies," says Gullo. Doing something special works, too: Catch a movie, get a massage at the spa or buy a flattering pair of yoga pants.

WEEKEND THINK Eating and entertaining go hand in hand.

HEALTHIER SPURGE Plan some activities, not meals. When you eat with friends, you consume 50 percent more than you do alone, found a Pennsylvania State University study. Researchers suspect that it's not the food but a tendency to lengthen the



GETTY IMAGES

Weekends are no excuse to forget about healthy eating. A slice of cake or a glass of wine with dinner is enough indulgence.

meal to keep the good times going. Instead, shift your notion of fun to nonfood activities. You likely have a few favorites that don't involve eating — build on these until you shift the balance from drinks and dinner to window-shopping or visiting a new art exhibit. If you do want to grab a bite, stick to lunch — it's easier to eat light, and you probably won't order cocktails.

WEEKEND THINK I run around all week; now I want to kick back.

HEALTHIER SPURGE Try a little active relaxation. Some decompressing is essential, but planting yourself on the couch for hours can lead to trouble. A long stretch of inactivity can inspire compulsive nibbling, especially if boredom is one of your overeating triggers, says Gullo. And the immobility quickly adds up: Skip your regular 1-mile walk, add those extra 222 calories you tend to eat on weekends — and that alone can equal a gain of about seven pounds

per year! Sure, you can indulge in afternoon channel surfing, but not all day long. Impose a time limit; 2 hours is fine. And use that extra time to do something good for yourself, like chopping veggies for dinner that night and snacks to take to work the next week.

WEEKEND THINK A pre-dinner cocktail is par for the course.

HEALTHIER SPURGE Drink it during the meal. With fewer responsibilities and no early morning wake-up calls, even weekday teetotalers don't think twice about a cocktail before dinner — and then another while they eat. The problem: "Alcohol breaks down inhibitions, so it's harder to make healthy food choices when you do sit down," says Gary Foster, director of the Center for Obesity Research and Education at Temple University. A glass of Cabernet and a few handfuls of mixed nuts while making dinner or waiting to be seated can add up to more than 600 calories — and that's

even before the appetizer. Choose high-quality drinks you'll want to savor, such as vintage wine or single-malt scotch, over high-cal fruity concoctions, and sub in one or two club sodas with lime.

WEEKEND THINK I'll just have one last hurrah before I start my diet.

HEALTHIER SPURGE Drop the "last supper" mind-set. Healthy eating and weight loss don't have an on/off switch; it's a way of life, says Dave Grotto, a spokesman for the American Dietetic Association. He encourages his clients to treat themselves during the week, maybe with a light beer one night or a child's size ice cream cone another, so they're not feeling deprived and desperate enough to polish off a half-pint of ice cream on Friday night for 500 calories. If you blow it, don't wait until Monday to get back on track; start your weight loss plan at your next meal or snack. (REPRINTED WITH PERMISSION OF PREVENTION © RODALE INC.)

Decode Your Shampoo Label

What are these things that lather up in your hair? Read to find out

No, dimethicone and cyclomethicone aren't muscle-bound babes from TV's "American Gladiators." They're just two of the many unpronounceable words you'll find on most shampoo labels. Here's what they all do:

WATER

Usually the first item on a shampoo label, water is the base that keeps the other ingredients flowing. It accounts for up to 80 percent of what's in the bottle.

AMMONIUM LAURYL SULFATE/ AMMONIUM LAURETH SULFATE/ SODIUM LAURYL SULFATE

These surfactants — basically, a fancy word for detergents — are the muscles that do all the cleaning.

COCAMIDE DEA, MEA, OR TEA/



GETTY IMAGES

COCAMIDOPROPYL BETAINE

These milder foaming detergents are added to create suds. But they also moisturize and thicken the formula so the shampoo is easier to pour.

SODIUM CITRATE

This buffering agent keeps the shampoo at the proper pH level (slightly acidic) as you wash. OK, now in plain English: SC allows

dirt and oil to wash off and helps cuticles (the overlapping scales on each strand) lie flat so hair looks smooth and shiny.

GLYCOL DISTEARATE/STEARATE

These waxes are kind of like hunky Swedish masseurs: primarily there for look and feel. They're what give the formula a pearly sheen and allow it to flow easily from the bottle.

POLYQUATERNIUM/QUATERNIUM

These softening compounds thicken shampoos and condition hair.

DIMETHICONE/CYCLOMETHICONE

Silicone oils that coat and smooth down the cuticles to add thickness, reduce static and provide shine. They also make comb-outs easier. If you have coarse, curly or damaged hair, make sure your shampoo contains one of these ingredients.

PANTHENOL

A form of vitamin B, this hard-working humectant (that's a substance

that helps hair attract and retain moisture) works inside and out: It penetrates the hair cuticle to plump it up and coats it for added shine.

CETYL/OLEYL/STEARYL ALCOHOL

Seeing the word alcohol may set off an alarm (Drying! Bad!). Not to worry: These are hydrating alcohols that attach themselves to the outside of the hair shaft and act as lubricants. Result: Combs effortlessly glide through hair.

NUT OILS/SHEA BUTTER

These are super-rich natural moisturizers found in hydrating shampoos that coat cuticles so water stays locked inside.

ASCORBIC ACID/CITRIC ACID

Natural acids derived from vitamin C that smooth cuticles and add shine.

OCTYL SALICYLATE/PABA

Sunscreens added to protect your scalp and hair from nasty, chaos-causing UV rays — so your color lasts longer (yea!). LIESA GOINS WITH ALEXIS FARAH AND SARA GAYNES (REPRINTED WITH PERMISSION OF WOMEN'S HEALTH MAGAZINE © RODALE INC.)

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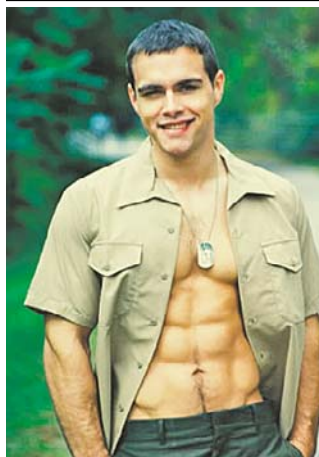
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Don't do it just for the lollipop. Tell your doctor what's up for your future well-being.

Play Truth or Consequences

Come clean with your doc, or you could risk more than a red face

EVERYBODY LIES. In a Columbia University survey, researchers found that more than half of women ages 25 to 49 aren't entirely honest with their doctors. The top reasons: They were embarrassed, didn't think the information was important or didn't want to face a scolding. But if anything, your doc needs TMI — missing info could lead to errors in a diagnosis or treatment. Three instances when it pays to tell nothing but the truth:

YOU SAY: "Cigarettes? Nope [insert dry, hacking cough here], never."

BUT ACTUALLY: You've been known to bum a smoke — or three — on nights out.

POSSIBLE FALLOUT: You don't need a doctor to tell you that lighting up can raise your cancer risk. What you may not know is that smoking also increases your risk of blood clots and stroke if you're on any hormonal contraceptive. If your gyn knew you smoked, she would probably recommend a nonhormonal option like an IUD or a diaphragm, which would drop your BC-related blood clot risk to nearly zero. Smoking also raises blood pressure, so if you're taking any medicines that could also increase your BP, such as certain antidepressants, let your doctor know if you're lighting up.

YOU SAY: "Sure, I take a daily multivitamin."

BUT ACTUALLY: You're also on a first-name basis with the manager at the local GNC.

POSSIBLE FALLOUT: Although most Americans keep up-to-date records of their prescriptions, less than half include OTC meds and vitamins, and just 20 percent list the herbs they take, reports an American Pharmacists Association survey. Not good. "Supplements can interact with other medications and interfere with their effectiveness," says Julie Dolan. For example, St. John's Wort is believed to influence serotonin levels in the brain, so your doctor would advise you to stop taking it if you're also on certain antidepressants. Be safe: Provide a list of everything you take.

YOU SAY: "I drink occasionally, usually only on the weekends — and it's never more than a glass."

BUT ACTUALLY: You don't get soused every night, but you've been known to gulp a beer at happy hour, then a glass of wine with dinner, then down a couple of cocktails afterward.

POSSIBLE FALLOUT: Mixing too many margaritas with certain medications (statins and some OTCs, even Tylenol) can damage the liver. And if you have diabetes, excess drinking can lead to high blood pressure and nerve damage. If your nights out tend to turn into four-martini affairs (even if only occasionally), tell your doctor to help avoid problems. (REPRINTED WITH PERMISSION OF WOMEN'S HEALTH MAGAZINE © RODALE INC.)

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Liver Lovers' Liquid

■ You know how drinking was supposed to be bad for your liver? Scratch that — at least when it comes to a little Malbec. Research from the University of California, San Diego, published in the June issue of *Hepatology* indicates that people who drink a daily glass of wine halve their risk of non-alcoholic fatty liver disease compared to nondrinkers. But if your favorite potent potable is beer or liquor, you're quadrupling your risk compared to those who sip vino. So, stick with the Sauvignon Blanc, buddy.



ATHLETICS

Here's the Shrink Rap

■ After winning the football game, players probably feel like giants. Yet they're shorter than they were at kickoff. According to a study presented at last week's meeting of the American College of Sports Medicine, football players temporarily shrink during every game. It's similar to how all humans' vertebrae compress throughout the day, except this is faster, thanks to heavy equipment and violent collisions. This could exacerbate the risk of injury because a compressed spine is less able to absorb impact.

CRIMINALS

Leading to Arrests

■ Expect an upcoming episode of "Law & Order" to be ripped from this headline: Kiddies exposed to lead are more likely to get arrested when they grow up. That's according to a University of Cincinnati study that also discovered an even stronger link between high blood lead levels and violent crimes. Although lead exposure has generally gone down in the United States, older buildings, particularly in poor neighborhoods, are still covered in lead paint.

Make Womb for Future Kids

Protect your fertility so when you're ready your body's ready, too

You've yet to hear a single tick-tock, but lurking beneath your killer abs is a biological clock that will start buzzing eventually — and you can only hit the snooze button so many times. So, what do you do if you're not ready to push out a baby right this second but think you'll want to become a mom someday? Luckily, fertility isn't a total crapshoot. And though you can't put off pregnancy indefinitely (despite exceptions like Marcia Cross, your odds of conceiving drop substantially after age 35), there's plenty you can do to help keep your body in peak baby-making form.

Watch your diet

What's good for your arteries is also good for your eggs. Jorge Chavarro, a research fellow at the Harvard School of Public Health and co-author of "The Fertility Diet," tracked the fat intake of nearly 18,000 women as they tried to get pregnant. Women who gobbled more healthy unsaturated fats (think olive oil and avocados) were less likely to experience infertility due to ovulation problems than those whose diets contained more trans fats.

Don't worry; be happy

Stress interferes with the brain's bulletins that tell your ovaries to do their monthly job of rolling out an egg, says Sarah L. Berga, chair of the ob-gyn department at Emory



GETTY IMAGES

Protecting your fertility early means you'll raise your chances of a stork visit later.

University in Atlanta. If you're a type A (for anxiety and angst), figure out a calm-down solution that works for you, whether it's practicing tai chi or thrashing around to the Foo Fighters.

Get tested regularly

You were probably worried about getting pregnant that night the condom broke, but if he slipped you an infection that went untreated, you might have the opposite worry later on. "STDs can cause scarring in your reproductive organs, blocking your

fallopian tubes," says Sherman Silber, medical director of the Infertility Center of St. Louis and the author of "How to Get Pregnant." The tubes can also end up filled with fluid (a residual effect of the infection) that can prevent implantation of an embryo.

Clear the air

Sucking on Marlboro Lights can make your eggs go up in smoke. "Smoking constricts blood vessels, including those that feed the ovaries, which accelerates the loss

of eggs," Silber says. You say you know lots of puff mommies who got knocked up, no prob? "Sure, women who smoke can get pregnant — when they're young," Berga says. "But smoking can cause you to become infertile earlier than you would as a nonsmoker."

“Smoking can cause you to become infertile earlier than you would.”

Pick a winner

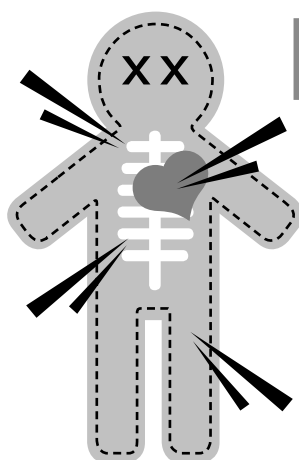
If you're in a monogamous relationship, go — or stay — on the pill. OCs can cut your risk of fertility-damaging conditions like pelvic inflammatory disease, endometriosis and endometrial cancer; and because women on the pill aren't ovulating, their risk of ovarian cysts and ovarian cancer is also reduced. More good news: "Many women get pregnant the next cycle after quitting," Silber says.

Check out your bod

Yeah, you see your gyno every year, but what about the rest of your anatomy? A major cause of infertility is undiagnosed or untreated medical problems, including diabetes, thyroid disease or polycystic ovarian syndrome (PCOS), which interferes with your body's hormonal balance. Get a physical every other year.

Freeze your assets

Until recently, freezing your eggs was mostly out of the question (the ice crystals that form during the slow-freezing process used on embryos damages eggs). But a new method, called vitrification, involves rapid icing that safely solidifies the eggs. It's pricey — \$6,000 and up for a single procedure, plus annual storage fees — and it tends to be most successful when you and your ova are young (in your 20s). Though there are no long-term data on the procedure, it's worth investigating if you know your antral count is low or if you're about to undergo a fertility-zapping procedure like chemo. DENISE SCHIPANI (REPRINTED WITH PERMISSION OF WOMEN'S HEALTH MAGAZINE © RODALE INC.)



hypochondriac

WHAT YOU COULD HAVE BUT PROBABLY DON'T

Have your limbs grown massively large and swollen? What about your genitals (no, not in a dirty way)? Is your skin hard and thickened? You may have **ELEPHANTIASIS** — which is NOT what the famed Elephant Man suffered. (He may have had neurofibromatosis, a rare genetic disorder; the jury is still out). The disease occurs when the lymph vessels — part of the immune system — are obstructed, causing lymph fluid to accumulate in the body. The affliction has many causes, ranging from parasitic worms spread by mosquitoes to STDs to multiple strep infections. Sometimes, no cause at all can be identified. The mosquito-borne variant is not present in the United States. SOURCE: RAREDISEASES.ORG, CDC.GOV

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